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Principles of Light and Color



Edwin D. Babbitt

The
**Principles of Light
and Color**

(1878)

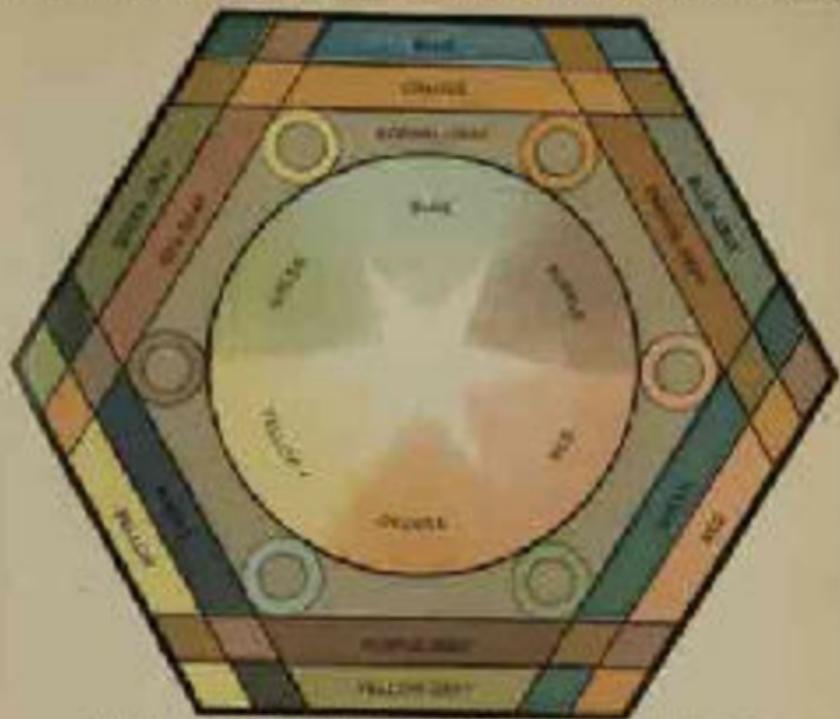


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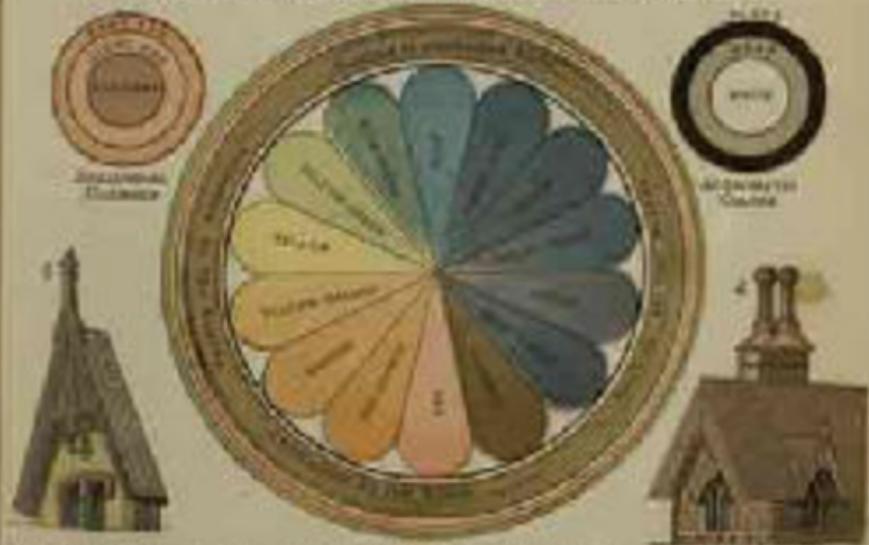
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CHROMATIC HARMONY OF GRADATION AND CONTRAST.



WINTER ARTISTS
EXHIBITION

Chambers County Sheriff's Office, Texas, United States of America, 1998-1999

ANATOMICAL ELEMENTS

In the above instances, notwithstanding the great loss incurred, it seems to me that every possible argument, sufficient for the many thousands of such cases held, The general rule is that when the law is not reasonably violated, the claimant's rights, damages and his liability, if any, are, for instance, to be determined, according to the existing law.

CHAPTER FIRST

HARMONIC LAWS OF THE UNIVERSE

This first chapter is as broad (and vague) as its title. He added Victorian fringe and tassel to an otherwise remarkable book on color healing. The text does much circumnavigating of the central theme—color—and seems very old-fashioned today. What is reprinted verbatim from Chapter First are a few paragraphs of Babbitt's comments on the fundamentals of color. While they will hardly be found original or enlightening to any student of color and art, they are pertinent to the later and vital chapters.

TRIAD OF PRIMARY COLORS.

A few words may be appropriate as to the threefold division of representative Colors. We have

RED, an exciting color at nearly the centre of heat.

YELLOW, the medium color and centre of luminosity.

BLUE, a fine color which is cold, soothing, electrical.

Practically all colors can be made out of these or could be if we could get a supply of the invisible red to assist in forming violet and indigo and could find pigments of absolutely pure red, yellow and blue. We have also

A TRIAD OF SECONDARY COLORS.

ORANGE composed of equal parts of red and yellow.

GREEN " " blue and yellow.

PURPLE " " blue and red.

A TRIAD OF ACHROMATIC OR NEUTRAL COLORS. PL. II, 4.

BLACK composed of equal parts of red, yellow and blue.

WHITE composed of five parts of red, three parts of yellow, and eight parts of blue.

GRAY (*normal* gray), composed of black and white.

This is given from the formula of eminent artists and would seem to prove that after all "black is white, and white is black," but not quite. It cannot be verified entirely in practice from the impurity of pigments. When we call them *neutral* we mean neutral, chromatically speaking, as they have no especial hues, but white is the most positive of all colors as to luminosity. The folly of calling black the absence of colors is now done away with among the intelligent, although it is really caused by the absorption of all colors. Normal gray is the most neutral of all colors and does not make discord with any.

A TRIAD OF PRIMARY GRAYS.

RED GRAY, or RUSSET, composed of normal gray and red.

YELLOW GRAY, or CITRINE, of normal gray and yellow.

BLUE GRAY, or OLIVE, of normal gray and blue.

A TRIAD OF SECONDARY GRAYS.

ORANGE GRAY, composed of normal gray and orange.

GREEN GRAY, " " " green.

PURPLE GRAY, " " " purple.

Orange Gray and *Red Gray* are sometimes called BROWN.

TRINAL DIVISION OF TINTS AND SHADES.

1st. *Light tints of a color* in which some white is introduced, as light yellow, light blue, light green, light gray, light green-gray, light blue-gray, etc.

2d. *Medium grades of color*, such as ordinary yellow, purple, red-gray, green-gray, etc.

3d. *Dark Shades of Color*, in which some black is introduced, as dark yellow, dark blue, dark green, dark red, dark gray, dark red-gray, etc. These are said to have a lower tone.

TRINAL DIVISION OF HUES.

The three basic colors, red, yellow and blue, should have a definite meaning and for this reason it is not so correct to say green-blue, orange-red or green-yellow, as it is to say blue-green, red-orange, yellow-green, for the great central colors are not to bend to the secondaries but the secondaries to them. From the imperfection of language, however, we sometimes are forced to say reddish-blue, yellowish-blue, bluish-red, etc., and by these terms we mean blue with a very slight tint of red, blue with a slight tint of yellow, red with a slight tint of blue, etc. A general threefold division of the secondaries may be made as follows:

ORANGE, combination of red and yellow.

RED-ORANGE, red and yellow combined, with red in excess.

YELLOW-ORANGE, red and yellow combined, with yellow in excess.

GREEN, combination of yellow and blue.

YELLOW-GREEN, yellow and blue, with yellow in excess.

BLUE-GREEN, yellow and blue, with blue in excess.

PURPLE, combination of red and blue.

BLUE-PURPLE, red and blue, with blue in excess.

RED-PURPLE, red and blue, with red in excess.

For further study of the colors see plate II., 1, in which the part of purple nearest the blue is blue-purple, that nearest the red is red-purple; that between these points near the periphery is deep medium purple, that near the centre, light purple, and so with the other hues, which may also be represented in fig. 3 of same plate. As I have said violet cannot be exactly represented by any two pigments combined, but I have had a blue-purple placed on the plate as the nearest representation of the violet.

CHAPTER SECOND
INSUFFICIENCY OF THE
PRESENT THEORIES OF
LIGHT AND FORCE

In this second chapter, **Babbitt** is again verbose. He writes regarding: Science and Philosophy should be Combined, Basic Principles not yet Reached, Cohesion, Chemical Affinity, Gravitation, and the like. When **Babbitt** becomes involved with the physiology of color, with undulatory and corpuscular theories of color energy, he is confused—just as were the other scientists of his day. However, Chapter Second in its final paragraph presents one of Babbitt's favorite topics, the atom, and is well worthy of reproduction, complex though the text may seem.

NEW WORLDS OF LIGHT AND COLOR.

Finally there are new and surpassingly beautiful worlds of color which seem to be almost entirely unknown to our writers on Optics, but which can be demonstrated on scientific principles and by abundant facts and observations. These colors reveal the very dynamics of nature and man, and the most exquisite and interior principles of force which reach far into the mysteries of mind and matter. They help to make a science out of what would otherwise be guess work, broader than mere *physics*, broader than mere *metaphysics*, and combining both on nature's great law of duality to form the grander science of *PSYCHOPHYSICS*.

SUMMATION OF POINTS.

To review our ground, then, we see, that notwithstanding all the brilliant achievements of science, the fundamental principles of Cohesion, Chemical Affinity, Electricity, Magnetism, Diamagnetism, Gravitation, Physiology, Psychology, Light, Color and other departments of knowledge are unknown—that the cause of this deficiency is the failure of scientists to ascertain the atomic constitution of things and their ignoring of the dual nature of the universe in their efforts to divorce matter from force, or force

from matter, or at least in their swinging to the extremes of the dynamic theory on the one hand, or the material theory on the other, while the whole known mechanics of nature teach this great lesson, that all force must act through relatively static and fluidic conditions of matter, the finer fluidic conditions vitalizing the more stationary conditions, and the more stationary conditions reacting upon and answering as a base work for the fluidic conditions. In closing I will simply add that there are many grades of fluidic and also of relatively static conditions, the coarser grade of the static being acted on by the coarser grade of the fluidic, a still finer grade of the static by a finer grade of the fluidic, and so on upward toward the infinitely fine. A slower fluidic force may also be vitalized by finer and swifter fluidic forces.

CHAPTER THIRD

THE ETHERIO-ATOMIC PHILOSOPHY OF FORCE

ONE of Babbitt's most proud enthusiasms concerned a unique theory of the atom.

Babbitt theorized about atom "spirals" and "spirallae." For some seventy pages he expounded on the Heat End of Atoms, Nature of Atom Spirals, Ethereal Forces, Different Grades of Ether, Magnetism, and such, but tended to confuse the scientific findings of his day with the mystical qualities of his own fertile and fervent imagination.

There were to Babbitt thermal or positive colors, such as red, orange, yellow. As the spirals for these colors grew smaller, thermal energy shifted into the electrical or negative colors, such as green, indigo, violet. He attempted to make all this clear in a diagram herein reproduced, and what he had to say about all this will follow.

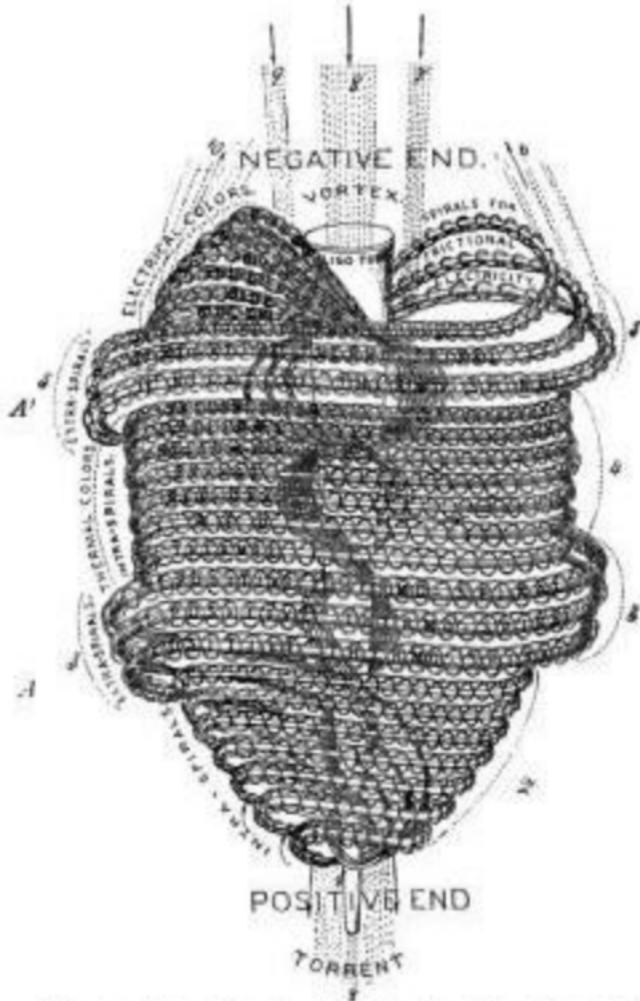
He ended Chapter Third with a long and a short paragraph which to the writer of these notes seems incredible! One wonders with amazement how Babbitt in 1878 anticipated that an atom bomb would be the size of a man's head! How could he conceive

that if it were released in the midst of New York it would raise such havoc!

Let the reader be his own witness to Babbitt's prescience.

GENERAL FEATURES OF ATOMS.

1. Years of investigation of what the general form and constitution of atoms must be to harmonize with and furnish a key to the facts discovered by the scientific world, aided by many more years of inquiry into the fundamental principles of nature, have led me to a very positive conclusion that fig. 135 is the general outline of an ordinary atom, especially of one by means of which all the colors can be made manifest. The hundreds of points to prove it correct cannot be given here, but they will appear more and more all through this work in the mysteries which are cleared up thereby, especially in Chapter V. as well as in this chapter. Although the modification of tints, hues and other forces which are manifested through atoms is almost infinite from the fact that atoms of the same substance must vary within certain limits in the size of their spirillae of the same kind, yet facts seem to indicate seven intra-spirals (4) on the outside of atoms for the warm or thermal colors, and which are properly the *thermolumino* group, whereas the same spirals form the principle of the electrical colors while passing through the axis of atoms. These are all named and located in fig. 135, commencing with the largest spirilla for the hot invisible solar rays called *thermal*, after which is the slightly smaller spirilla for red, another for red-orange, etc. Passing around the atom and becoming smaller and finer, the same spirillae form the channels for the electrical colors by passing into the vortex and through the axis, thermal being converted into blue-green, red into blue, red-orange into indigo-blue, orange into indigo, yellow-orange into violet-indigo, yellow into violet, and yellow-green into dark violet. The group of thermospirals at 5, 5, are called *positive*, because the spirillae that surround them are larger and the heat greater than the portion of the same group at 5, 5, which are therefore called *negative* thermo-spirals. The group 2, embraces the positive color-spirals, but as they are concealed by gliding into the contiguous atoms, it is only the same group at 4 that are *vis* " *vis* a thermo-



The general Form of an Atom, including the spirals and 1st Spirillae, together with influx and efflux ethers, represented by dots, which pass through these spirillae. The 2d and 3d spirillae with their still finer ethers are not shown.

color spirals, or at the vortex above as electro-color spirals. 9 and 10 represent minute streams of ether, which are simply combinations of much finer atoms, that flow from the thermo spirillae and the thermo-lumino spirillae into the same grades of spirillae in the atom above; 7 and 9 are axial ethers which flow from the



Atoms joined.

atom above into the axial spirillae of this atom; 8 represents ethers which flow through the *ligo tube*, and these and other ethers are represented as passing on through their appropriate channels until they emerge at the torrent end. These ethers sweep through the atom and quicken its spiral wheel-work into new life, just as the winds move a wind-mill, or the waters a water-wheel, while the atom itself, armed as it is with its vortical spring-work, must have a great reactive suction which draws on these ethereal winds.*

2. Why are ethers drawn from spirillae of one atom to the same kind of spirillae in a contiguous atom, and why does a certain grade of ether exactly harmonize with, and seek out, a certain size of spirilla? For the same reason that a tuning fork or the cord of a piano will be set into vibration by a tone made in its own key. In the case of a piano, a cord vibrates to tones of its own pitch, or in other words, to tones whose waves synchronize with its own vibrations. Let us apply this principle to atoms. The vibratory action of the red spirilla throws the current of ether which passes through it into the eddy-like whirl which just harmonizes in size and form to the red spirilla of the next atom above it with which it comes in contact, and which must necessarily draw it on. This second atom passes it on to the red spirilla of the third, the third to that of the fourth, and so on through millions of miles, so long as there is a spirilla of the right grade to conduct it onward. The same process applies to the orange, or yellow, or any other spiral, and, constituting as it does a fundamental principle of chemical action, the reader should note this point well. The same principle applies to the axial spirals whose lines of force, reaching the positive end at 1, make a sudden dart to the outside and thus in part *jolt* their contents into the answer-

* As will be shown hereafter, there must be still finer atmospheres within the ordinary atmosphere, so fine doubtless that they permeate solids and fluids, and form a base-work for fluidic action which may assist the spiral eddies and vortical suctions of the larger atoms.

ing spirals of the next atom, the blue ethers of this plunging into the blue spirilla of the next, the violet ethers of this into the violet spirilla of the next, and so on.

3. The ethers are *efflux* as they flow out of one atom or series of atoms, and *influx* as they flow into an atom or series of atoms. Thus 9 and 7 are influx, and 6 and 10 efflux ethers. The ethers at the torrent end are powerfully efflux, and have momentum not only from the projectile force of this atom, but from the suctional force of the next, into whose vortex this atom is inserted.

4. It should be noticed that the same spirillae which wind around the outside of atoms on the expansive law of thermism, pass on through the axis on the contracting law of cold, and after becoming the most contracted and intense at the positive end of the atom, suddenly plunge to the outside and again become thermal. Thus the very intensity of the interior cold forces may develop intensity of heat, and we at once see why it is that an object which is so cold as to be 60° F. below zero is said to have an effect similar to that of red hot iron.

5. The *First Positive Thermo-Spiral* at *A* projects beyond the intra-spirals below and forms a regulating barrier to determine just how far this atom shall be inserted into the vortex of the next atom: in other words, this atom becomes sheathed in the next as far as *A*, while the atom above becomes encased in this precisely the same distance, and so on, which accounts for the great regularity of form in crystallizations, etc. In chemical affinity, as I shall show hereafter, the atom glides into a wide mouthed atom up to its *shoulders* at *A'* where the second circuit of these same thermo-spirals is seen. By this means the color-spirals are hidden in the encasing atom, and this explains some mysteries of color change which puzzle the chemist, and which will be explained in Chapter V.

6. The *Ligo* is supposed to exist only in solids, such as rocks, metals, fibrous substances, etc., in which it forms the leading element of cohesion and hardness, while in liquids, gases and ethers it is wanting, which accounts for their flowing qualities. This tube probably has spiral convolutions with openings in the sides something like those Chimney pieces, the object of which is to cause a draft.

7. The seven thermo-lumino spirals which become the electro-lumino spirals on reaching the vortex and axial portion of the

atom, naturally grow somewhat smaller, from the smaller space in which they move, and receive a finer grade of ethers from the axis of the atom above at 9 and 7 than those which course through them in their thermal portions on the outside. As they progress through the axis they become narrower, more nearly straight and consequently more keenly electrical until they reach the torrent end. The reason the dark violet is the coldest of all the colors is, because from its position it must circulate with a more narrow and interior course through the axis, as being the highest (See fig. 135), it reaches the vortex and enters before the others, next to which comes the violet, then the violet-indigo, the indigo, the indigo-blue, the blue, and warmest and least electrical of all in the electrical group, the blue-green. My reasons for calling these the electrical group of colors will be fully shown in XXIX of this chapter. *All axial forces move on the law of electricity of some kind, while the coarser grades of electricity impart the ruder sensations of cold, which are so distressing. The finest grades of electricity, while producing the phenomena of cold, such as contraction, do not impart the chilling sensations of cold at all, to most persons.* To compose all the colors which constitute white light, both the electrical and thermal colors must be combined and carried along side by side through conversely polarized lines of atmosphere, or other media, through which they are conveyed.

8. The axial spirillæ doubtless fill up the whole interior of their atoms from their elasticity, which fact the artist has not quite expressed.

Thus is an atom an epitome of the universe, having a gradation of elliptical and spiral orbits in imitation of those of the solar system; having its axial center of unity around which its external spirals revolve as a principle of diversity; having its positive end at which repulsion rules, and its negative end at which attraction is the dominant principle; constituting the most marvelous of machines with wheels within wheels driven by water; even the water of ether, some of which is much swifter than the lightning; resembling also an animal with veins, arteries, nerves, spine, viscera, blood, nerve-force, etc. In general form it resembles the egg, which at one time was thought to be the starting point of all life, Harvey having written "*onne vivum ex ovo.*" Atoms indeed are the eggs out of which the whole universe is

built, though on quite another principle. Their activities are so amazing that if one of them could be enlarged to the size of a man's head, constructed of some material millions of times stronger than anything known upon earth, and the tremendous whirl of forces set to revolving through their spirals which at their ordinary speed vibrate several hundred trillion times a second, what must be the effect? If such an atom should be set in the midst of New York City, it must create such a whirlwind that all its palatial structures, ships, bridges and surrounding cities, with nearly two millions of people, which be swept into fragments and carried into the sky.

If the reader has become familiar with the foregoing chapters and gained possession of the atomic key, I think we shall be able to go hand in hand through many hidden pathways of power and open new doors in the infinite temple of knowledge.

CHAPTER FOURTH THE SOURCES OF LIGHT

In this chapter, **Babbitt** discussed such subjects as World Formations, Nebulous Matter, The Sun, The Moon, Comets, Terrestrial Forces, Lime Light, Electric Light. Little need be repeated except a section on How Color Effects are Produced.

HOW COLOR EFFECTS ARE PRODUCED.

1. We have already seen in Chapter Third, how different colors are formed by different sized spirillae in connection with the different grades of ethers which pass through these spirillae. But what causes gold to appear yellow, or coal black, or snow white, for instance? Gold is yellow because it has a spirilla of the right grade to *repel* or *reflect* the yellow-forming ether while it has other spirillae which receive the other color ethers more or less within themselves and thus hide them. If all of the spirillae had such an affinity for the other color-ethers, and their atoms could become polarized in such a way that these ethers could be transmitted entirely through them, it would be transparent like the air or nearly like clear glass. If its spirillae should briskly repel all of the color-ethers into our eyes it would give us the

effect of *white*; if they affinitize with them sufficiently to draw them all within its surface, the effect would be *black*; if they should absorb a part of each color-ether and reflect a part, the effect would be *normal gray*; if a majority of each color-ether is reflected, *light gray* would result, and if a majority absorbed, *dark gray* would appear. If the red and part of the other colors should be reflected it would cause red-gray, and the same principle applies to the other grays. If nearly the whole of the red or the blue should be transmitted, while the other colors were absorbed, reflected, or slightly transmitted, we should have the effect of red-glass, or blue-glass, or any other colored glass according to which color predominates.

2. Let us see, then, how rays of luminous ether can produce the effect of light. Take the yellow ray, for instance, the center of luminosity. Sodium, magnesium, iron, and other substances, when under the terrific heat at or near the burning surface of the sun have a tremendous repulsive action upon all yellow-forming ethers including fine particles of their own substance, and project them into space. Before getting entirely away from the solar atmospheres, however, the coarser part of these ethers is strained off while the finer part proceeds through space and strikes our atmosphere. According to the principles of chemical affinity already explained (Chapter Third, XXXVII, 10), the atoms of both nitrogen and oxygen must have an especial affinity for the principal yellow-forming ethers, as they are strong in violet, and thus become ignited as they pass through, aided in this ignition by proximate particles of hydrogen, which are so quick to take fire, and which constitute an ingredient of vapor. So far the globules of vapor are the principal sources of light, but that is not sufficient. All luminelles of materials like themselves, such as sodium, magnesium, etc., must be repelled at their touch, ignited by their impact against them, and many of them driven on to the earth before their power. Violet-colored luminelles having a chemical affinity for them will transmit them freely and become incandescent thereby, and luminelles of various colors will be met and penetrated in the same way, for, as Isaac Newton has shown, all styles of matter, however opaque or however colored, become more or less transparent to light, in case they are in very minute masses. The same principle holds true with reference to the other color-forming ethers, the violet ethers sweeping

with special ease through luminelles of sodium, magnesium, etc., in which yellow is active, the blue ethers sweeping with especial ease through the hydrogen of vapor luminelles, in which the red principle in the spectrum is active, as well as through many other substances, such as carbon, lithium, nitrogen, etc., and so on with all the other colors, each of which drives before it certain ethereal atoms like itself in a common tide to the earth, and each does its part in setting the whole atmosphere on fire and thus filling the world with light.

CHAPTER FIFTH CHROMO-CHEMISTRY

BABBITT developed his concept of color therapy from a rather fanciful extension of ideas, centering around the colors of metals and elements discovered after the spectroscope was invented in 1814. At that time various metals and gases were found to produce characteristic lines when their emissions were passed through a prism. The spectrum of magnesium, for example, was chiefly green; that of hydrogen, red; that of calcium, violet; that of common table salt, yellow. It was an easy step, therefore, for **Babbitt** to assume that different colors had different chemical and therefore therapeutic properties. He did not hesitate to construct a highly complex science of Chromo-Chemistry, Chromo-Therapeutics and Chromopathy.

Chapter Fifth elaborates all this and deals with such topics as Spectrum Analysis, the Spectra of Metals, Chromatic Repulsion and Attraction, and the Materials of Colors. This serves as a firm basis for Babbitt's work in color therapy, and leads directly to the true sum and substance of his book.

There follows a brief summary and account of the Materials of Colors in Babbitt's own words.

I will draw up a list of the *materials of colors* so far as contributed by so important elements, including 16 metals which the spectroscope has discovered in the sun's atmosphere, and the four metalloids, oxygen, hydrogen, nitrogen and carbon, which have so much to do with light, and which must certainly form a part of the solar ethers from their universality. The names of the metals are sodium, calcium, barium, magnesium, iron, chro-

mium, nickel, copper, zinc, strontium, cadmium, cobalt, manganese, aluminum, titanium, rubidium. Hydrogen also exists in vast quantities in the solar atmosphere, as has been seen. Doubtless many more, if not all of the elements, have something of their finer emanations represented in light. Carbon we know forms a part of light and is imparted to plants by the sun's rays.

Materials of Red-light:—Nitrogen, oxygen, barium, zinc, strontium, cadmium, rubidium.

Materials of Red Orange Light:—Hydrogen, oxygen, nitrogen, calcium, barium, iron, copper, strontium, cadmium. This color, in common parlance, would pass for red, and constitutes a refined grade of that color.

Materials of Orange Light:—Oxygen, calcium, iron, nickel, zinc, cobalt, rubidium, aluminum, titanium.

Materials of Yellow-Orange Light:—Carbon, nitrogen, sodium, nickel, zinc, cobalt, manganese, titanium. This would often pass for yellow with those who are not discriminative.

Materials of Yellow Light:—Carbon, nitrogen, oxygen, calcium, barium, iron, chromium, nickel, copper, zinc, strontium, cadmium, cobalt, manganese, aluminum, titanium.

Materials of Yellow-Green Light:—Carbon, nitrogen, oxygen, sodium, calcium, barium, magnesium, chromium, nickel, copper, strontium, cadmium, cobalt, rubidium, aluminum, titanium.

Materials of Blue-Green Light:—Carbon, nitrogen, hydrogen, sodium, iron, nickel, copper, zinc, cobalt, manganese, titanium.

Materials of Blue Light:—Oxygen, nitrogen, barium, magnesium, chromium, nickel, copper, zinc, strontium, cadmium, cobalt, manganese, aluminum, titanium.

Materials of Indigo-Blue Light:—Oxygen, nitrogen, iron, calcium, manganese, titanium.

Materials of Indigo Light:—Oxygen, hydrogen, carbon, iron, chromium, copper, strontium, titanium.

Materials of Violet-Indigo Light:—Oxygen, nitrogen, carbon, iron, calcium, cobalt, rubidium, manganese, titanium.

Materials of Violet Light:—Nitrogen, oxygen, barium, iron, strontium, manganese.

Materials of Dark Violet Light:—Hydrogen, calcium, aluminum.

There is a great intensity, as well as quantity of reflecting power in the range of the yellow and its kindred yellow-green

and yellow-orange as the leading principle of luminosity, by means of which the universe is revealed to the eye of man. It occurs to me that the reason why the yellow is the most luminous of colors is that its luminelles are of that golden medium size which are not so coarse that the solar ethers fail to make them incandescent, as in the case of the trans-red, nor so fine as to give out waves too small to make an impression upon the sensorium, like the trans-violet. The blue principle, including the indigo, is also strong and intense as the most prominent realm of chromo-electricity, or in fact of the other electricities which tend to manifest themselves in some hue or shade of blue. Magnetic substances are always strong in the blue as well as the still finer grades of electricity represented by the indigo or violet, as in iron, oxygen, cobalt, manganese, chromium, etc. The *red*, especially the finer grade of red, more properly called red-orange, is not imparted by as many substances as some other colors, but by those which are ever and everywhere abounding, such as hydrogen, oxygen, nitrogen, etc., so we are not left to perish with the cold. The trinity of colors, the red, yellow and blue, finds representation in the three great elements of Hydrogen, Carbon and Oxygen, which constitute so much of the world, including the whole or a large portion of the sugars, gums, starches, ethers, alcohols, many acids and much of the substance of the vegetable world.

CHAPTER SIXTH.

CHROMO-THERAPEUTICS, OR CHROMOPATHY.

I. THE HEALING POWER OF COLOR.

This must be quite evident to the reader by this time, especially as, in the last chapter, we saw the wonderful power of color repulsions and color affinities, and saw also that all things manifest their potencies by means of color. This being true, then, we may construct a more exquisite and exact *Materia Medica*, and erect a standard of medical practice based on principles of almost mathematical precision. Not only may we, by means of the principles already laid down, judge of the medical potencies of the coarser mineral elements, but of the finer potencies of the vegetable world, of water, air, electricity, and magnetism, and the still finer forces of the sunlight. Sunlight constitutes a truly *celestial materia medica* which, according to principle XV of Chap. First, must be more safe, effective and enduring than the cruder elements, in case we know how to control it.

II. COMPARATIVE FINENESS OF HEALING ELEMENTS.

Minerals are at the bottom of nature's scale of forces, being so crude that the most of their particles are unable to float in the atmosphere, and consequently are held down in the midst of earthy substances. The vegetable world which constitutes the direct food of man, is sifted of the coarser mineral elements by a beautiful and ingenious process, the carbon and some other of the finer elements of the sunlight and atmosphere being received into the plant or vegetable from the sky, while the elements that come from the earth are strained of their coarser ingredients by the spongiolas of the root and absorbed only in a

liquid state. It may readily be seen why cereals and fruits, growing, as they do, above ground and drinking in the refined elements of the sunlight so freely, constitute a higher grade of food or food-medicines than the roots, tubers, and bulbs, such as radishes, potatoes, onions, etc., which grow under ground. Water owes its healing power, 1st, to its cleansing character, and 2dly to its electricity, combined also with a goodly amount of thermism. The electro-magnetic machine also presents similar grades of fine elements, inasmuch as, like water, it combines galvano, magneto and other grades of electricity. Pure air furnishes a somewhat more ethereal combination of elements than water, as it includes those which are sufficiently volatile to float, and presents fine ethers, which during the day-time are so constantly under the action of sunlight. But the finest potency of all, of which we can avail ourselves in the external world, comes from the sunlight, the only known element which transcends it in fineness, being the psycho-magnetic radiation from highly organized human beings. By understanding the etherio-atomic law we see at once how all things must incessantly radiate their peculiar essences and ethers, all ethers partaking more or less of the substances through which they pass, the finest substances having the finest emanations.

III. THE HEALING POWER OF RED.

1. According to principles XIX and XX in the last chapter, red must stimulate and increase the action of the warm red principle in the human system, as for instance, the *arterial blood*, and also act as the harmonizing affinitive element of the cold blue principle, which causes blueness of veins, paleness of countenance, etc. Examples have already been given, but a few examples quoted a little more minutely in the exact words of the U. S. Dispensatory and other recognized authorities, will help the better to establish the principles of not only the red but other colors, so far as drugs are concerned; having established which, we may be sure from the unity that reigns throughout nature, that the same principle in sunlight and every where else must produce similar results, the difference being that fine elements like the sunlight are more penetrating, safe, and enduring than coarse drugs.

2. The *Balsam of Peru* (*Balsamum Peruvianum*) "is of a dark reddish brown color, a warm bitterish taste, leaving when swallowed a burning or prickling sensation in the throat," "is a warm stimulating tonic and expectorant."

3. *Cayenne Pepper* (*Capsicum*) Flowers white, "fruit smooth and shining, of a bright scarlet, orange or sometimes yellow color." "Powdered capsicum is usually of a more or less bright red color;" "is a powerful stimulant, producing a sense of heat in the stomach and general glow over the body;" "an arterial stimulant and rubefacient."

4. *Cleavers* (*Caryophyllus*) "are externally deep brown, internally reddish, their taste hot"—"among the most stimulant of aromatics."

5. *Bromine*. "A red liquid," "caustic and irritant,"—"when diluted, tonic and diuretic." (Waring.)

6. *Iron*. *Ferric Oxide* (Fe_2O_3) "is of a reddish color and forms salts which, for the most part, have a reddish color." *Ferrous Trioxide* (FeO_2) "wine red color." "The preparations of iron are powerfully tonic, raising the pulse, promoting the secretions, and increasing the coloring matter of blood."

7. *Red Cedar* (*Juniperus Virginiana*), "stimulant, emmenagogue and diuretic."

8. *Musk*. "Powder, reddish brown, is a stimulant and anti-spasmodic, increasing the vigor of the circulation."

9. *Ammonium Carbonate* ($N_4H_{10}C_2O_4$). Powerful in the red principle of hydrogen. "An arterial stimulant."

10. *Adulol* (C_5H_6O). Red predominates strongly from its Hydrogen. "A diffusible stimulant of heart and arteries—exciting to the nervous and vascular system, succeeded by equal depression."

11. The power of oxygen to develope the red principle of the blood and thus by reaction to harmonize and animate the system which has become too cold and sluggish, under a predominance of the bluish venous blood, is well known. The power of *red glass* and a red chaser to excite, cheer and cure the cold morbid condition of two despondent lunatics, as proved by the experiments of Dr. Pouza, has already been spoken of in Chap. Fifth XX, 30.

IV. HEALING POWER OF RED LIGHT.

Red light, like red drugs, is the warming element of sunlight, with an especially rossing effect upon the blood and to some extent upon the nerves, especially as strained through some grades of red glass which admit not only of the red but the yellow rays, and thus prove valuable in paralysis and other dormant and chronic conditions. The following facts are quoted from Dr. S. Pancoast's new work, entitled *Blue and Red Light*:-

1st CASE.—PARAPLEGIA (PARALYSIS OF BOTH LEGS).

"Master F., aged 8 years, had a tedious convalescence from a severe attack of diphtheria, which was suddenly interrupted by a very severe attack of paraplegia; the paralysis was almost complete; he could not walk and could stand only when supported by a table or chair. We had him arrayed entirely in white and placed in strong *red* baths from one to two hours at a time; soon after being placed in the red light he would fall asleep, and a profuse perspiration burst forth, saturating his underclothing; in three weeks he was walking firmly, and in two months was perfectly well. More than two years have since elapsed and he has continued in perfect health."

2d CASE.—CONSUMPTION IN THE THIRD STAGE.

"Mrs. H., aged 35 years. This was a case of *consumption in the third stage, with both lungs involved*, the left hepatized with mucus râle through the upper third, and crepititation in the apex of the right lung; sputa copious, amounting to half a pint in twenty four-hours; her expectoration was a yellowish,ropy and frothy mucus and pus, a portion of which sank in water; she had severe night-sweats, and chills or creeps regularly at 11 o'clock, a.m., followed by fever with flushed cheeks." Dr. Pancoast proceeds to show that her parents and most of the family had died with consumption. He continues—"I placed Mrs. H. under red baths regulated by the effects produced. In two weeks improvement began to manifest itself in all her symptoms; in another week the mucus râle became a sub-mucus, then successively a crepitant and a bronchial; soon respiration was resumed through the entire left lung, and the crepitation at the

apex of the right lung disappeared ; expectoration improved and the cough became less frequent and less distressing ; with the improvement in these symptoms the chills and fever and the dyspnoea disappeared and her strength rapidly increased ; in two months and a half, the only remaining trouble was a slight hacking cough arising from an irritated throat." Dr. Pancost proceeds to state that she remained well between one and two years, and then, from assuming extra duties, caught a severe cold which developed into pneumonia and finally led to her death. He says that "in an active and extensive practice covering more than 30 years, we have never known or heard of a case of consumption at so advanced a stage successfully treated. Her recovery was entire."

If in the above case a deep blue glass had been used for her head, and beneath this some red, and then yellow, and then red for the limbs, it would doubtless have been a still more potent combination.

3d CASE.—COMPLETE PHYSICAL EXHAUSTION.

"Mr. R., 45 years of age, an overtaxed and prematurely worn out man of business became involved in financial troubles, ** mind and body were continuously on the rack, he could neither eat nor sleep normally, and at last complete physical exhaustion and nervous prostration naturally came upon him, for nature could endure no more. The first warning was severe pains in the back of the head, soon followed by shortness of breath, flutterings of heart, compressible pulse, loss of appetite, constipation and phosphatic urine. ** We determined to try the red light treatment, especially as his prostration was unattended by any indication of morbid irritability, and in all our experience as a physician, we have never witnessed more remarkable beneficial results than were at once produced by the red ray in this case. The very first bath had the most encouraging effect : it acted as a tonic both upon mind and body, dispelled his gloomy apprehensions and gave vigor to his physical functions. Commencing with small doses, we gradually increased them until assured that we had reached the most effective dose in proportion of red to plain panes and in length of bath. Mr. R. rapidly improved, notwithstanding his continued attention to

business. From the first he slept more refreshingly, ate with better relish, his bowels became regular, and the secretions of his kidneys recovered the healthy appearance. Three weeks treatment sufficed, and there have been no signs of relapse."

4th CASE.—UTERINE AND NERVOUS PROSTRATION.

"Mrs. S., 45 years of age, had naturally a frail constitution, was from youth weak and delicate, with a tendency to nervous prostration; easily despondent, and ready to give up when ill. Her natural weakness had resulted in and been augmented by uterine difficulties which had continued for ten years, and had at last broken down her entire system, when she called on us for professional advice. Her condition was such that the slightest exertion completely overcame her and sent her to bed for days at a time; the influence of 'the change of life,' had brought on the crisis in an illness that kept her bedfast, which was directly attributed to a brief visit to the Centennial Exhibition; but this last was but a feather in the balance—the attack was impending and the excitement of the visit only hastened it. We applied the blue and red light treatment, alternating not at equal intervals, but according to variations in her symptoms. Her recovery was rapid and permanent—a whole day at the Centennial some time afterwards did not over fatigue her. She has enjoyed better health uniformly since the treatment than ever before."

V. WHEN THE RED IS INJURIOUS.

1. Red is injurious, of course, when there is already too much of the red, or inflammatory condition of the system, such as the predominance of red hair, very rubicund countenance, or feverish and excitable condition generally.

Iron, the preparations of which abound in the red, is "contra-indicated in inflammatory diseases, producing, when injudiciously employed, heat, thirst, head-ache, difficulty of breathing and other symptoms of an excited circulation;" "contra-indicated in the sanguine temperament generally."

2. The same is true of the other red elements, or of elements in which red abounds in the spectrum, but the principle is too obvious to need further examples. The exciting effect of red

objects on various animals is also well known. That red light has exactly the same exciting effect is well known. I quote the following from a letter of a thoughtful observer, Edwin M. Hale, M. D., to the *Chicago Tribune* :-

3. "In one of the French Insane Asylums, not only the blue ray but others were tried, and the effect was very interesting. The red ray caused results which confirmed the popular belief in its exciting, maddening influence. When violent and maniacal patients were placed in rooms where the red ray predominated, they became worse. All the violent symptoms were aggravated. If these patients were removed to a room where the blue ray predominated, they became calm and quiet. It is related that one patient, a woman, whose delirium was greatly aggravated by the red ray, immediately said on going into the blue room—"how soothing that is," and shortly after, when left alone, fell asleep."

4. *Thermal* must naturally produce an effect somewhat similar to that of red, so far as its heating qualities are concerned, but being invisible cannot, of course, affect one through the optic nerve.

5. Dr. Pancoast speaking of the red light says that "if employed to excess, as to amount or time, the red light over-excites the nervous system and may produce dangerous fevers or other disorders that may prove as troublesome as the evil we are seeking to correct. We seldom employ red light to the exclusion of the other rays, and it should never be so employed, except in extreme cases, when prompt action is the first consideration."

The danger of the above "exclusive red light," which Dr. Pancoast deems so great as to require "a skilful physician," may be averted by using the red glass only a few minutes at a time at first, taking the precaution when the system becomes too hot, to put blue glass in its place, or a wet bandage over the head. For general cases, however, it would be better to have blue glass over the head and red and clear glass over the rest of the body in conditions of lethargy. A better arrangement still is the instrument devised by the author called the *CHROMOLEUM*, in which both physiological and chemical laws are complied with in the harmonic arrangement of glass. See explanation in XXIII and XXIV of this chapter.

VI. THE HEALING POWER OF YELLOW AND ORANGE.

We have seen in the last chapter (XIX, 3) the law by which the *nerves* become stimulated, more especially by the yellow color, and to some extent by the orange and even the red, these principles being included in the substance of the nerves themselves. We have seen that the more violent nerve stimuli include something of the red or orange as well as the yellow, that drugs taken internally, when sufficiently active and exciting and working, no doubt, to some extent upon the vascular as well as the nervous tissues of the stomach, cause that quick repulsive action which is termed **EMETIC**; that those drugs whose yellow principle works somewhat more slowly, do not exert their expansive and repulsive action until they reach the bowels and thus constitute **LAXATIVES**, or when sufficiently active, **PURGATIVES**; that certain drugs which have an affinity for the liver and bile, causing them to act, are called **CHOLAGOGUES**; that those which stimulate the kidneys are called **DIURETICS**; those which stimulate the uterus, from some special affinity they may have for that organ, are called **ERGENOGOGUES**; those which stimulate the nerves of the skin and to some extent the vascular glands in a way to cause perspiration are called **DIAPHORETICS**; those which stimulate the nerves of the skin and call the blood outward until the surface becomes reddened are called **RUBEFACENTS**. In all cases yellow is the central principle of nerve stimulus as well as the exciting principle of the brain which is the fountain head of the nerves, although, as we have seen, the more violent elements of stimulus approach the red, especially where vascular action is called forth. Those elements which act more directly to excite the brain, are called **CEREBRAL STIMULANTS**. I will give a few examples of the different drugs and foods which belong to the various departments of nerve action:—

VII. EMETICS, YELLOW WITH SOME RED AND ORANGE.

1. *Indian Hemp* (*Apocynum cannabinum*). The root is of "a yellowish brown while young, but dark chestnut (red brown) when old, with a nauseous acrid taste." "The internal ligneous part is yellowish white." "Powerfully emetic and cathartic, sometimes diuretic."

2. *Lobelia*. "The active principle of lobelia is a yellowish liquid." "Lobelia is emetic, occasionally cathartic, diaphoretic," etc.

3. *Tartar Emetic* ($KShC_4H_8O_7 \cdot H_2O$), "a white crystalline salt," with the yellow, orange and red all strongly developed in the spectra of its elements. "According to the dose it acts variously as a diaphoretic, diuretic, expectorant, purgative and emetic."

4. *Bloodroot* (*sanguinaria*). "The whole plant is pervaded by an orange colored sap. The color of the powder is brownish red." The leaf "is yellowish green on the upper surface, paler or glaucous on the under, and strongly marked by orange-colored veins." "Sanguinaria is an acrid emetic, with stimulant and narcotic powers."

5. The fact that emetics deal so much in the red as well as in the yellow principle shows that they act more or less upon the blood and muscular tissues as well as the nerves. "The action of an emetic is directly or indirectly upon the nerve centres that supply these muscles. ** All emetics acting through the blood produce more or less depression." (Hartshorne). Emetics act principally upon the pneumogastric nerve.

VIII. LAXATIVES AND PURGATIVES—YELLOW THE PRINCIPAL COLOR, OR RED IN DRASTIC PURGATIVES.

1. *Podophyllum* or *May Apple*. "Yellowish green petioles." "The fruit is lemon yellow, diversified by brownish spots." "The powder is light yellowish gray." "An active and certain cathartic. In some cases it has given rise to nausea and vomiting." "A hydragogue and cholagogue." The office of a cholagogue is to cause a flow of bile, which is of itself a yellow or yellow green fluid that has a laxative effect as it passes into the duodenum and lower bowels.

2. *Senna*, (*Cassia Marilandica*). "Flowers beautiful golden yellow; the calyx is composed of five oval yellow leaves; the stamens are ten, with yellow filaments and brown anthers." "An efficient and safe cathartic."

3. *Calocynth* (*coccygnthis*). "Flowers are yellow." "Fruit yellow when ripe." "Contains a white spongy medullary matter." "A powerful hydragogue cathartic."

4. *Copra*. "A transparent liquid of a pale yellow color." It is "stimulant, diuretic, laxative."

5. *Gluten, phosphate of lime*, etc., which constitute the hard yellow portion of grains near the external portion, are somewhat laxative.

6. *Figs* (Ficus). "The best are yellowish or brownish." "Figs are nutritious, laxative and demulcent."

7. *Magnesia* (MgO). The yellow-green principle strongest in the spectrum of magnesia. "Antacid and laxative."

8. *Magnesia carbonate* ($MgCO_3$). The yellow strong in both carbon and magnesium. "Laxative."

9. *Castor Oil* (Oleum Ricini). "Yellowish." "A mild cathartic."

10. *Olive Oil* (Oleum Olivae). "Pale yellow or greenish yellow." "Nutritious and mildly laxative, given in case of irritable intestines."

11. *Sulphur* is "pale yellow" "laxative, diaphoretic," etc.

12. *Magnesia Sulphate* (Epsom salt, $MgSO_4$), has the strong yellow principle of magnesium and sulphur, but is toned down by the cool blue of oxygen, so it is called "a mild and safe cathartic," a "refrigerant," etc.

13. *Eggs* (Ovum). "The yolk in its raw state is thought to be laxative."

14. *Pruins* (Prunus). Yellowish brown or orange brown. "Laxative and nourishing."

15. *Peaches* have a yellowish pulp. Gently laxative.

16. *Cape Aloe* (Aloe). "Powder greenish yellow." "Cathartic."

17. Many more similar examples could be given, but these are quite sufficient to establish the potency of yellow as connected with the nerves of the bowels. I will quote the following, however, to show that when we appeal more to the red principle with drugs we reach the coarser elements of blood and thus produce a more severe and drastic effect than when dealing more exclusively with the finer elements of the nerves:—

18. *Gamboge* when broken "is of a uniform reddish orange, which becomes a beautiful bright yellow." "Gamboge is a powerful drastic hydragogue cathartic, very apt to produce nausea and vomiting, when given in the full dose."

19. *Black Hellebore* (*Helleborus niger*). "The flower stem is reddish toward the base," has "rose like flowers." The petals are of a white or pale rose color with occasionally a greenish tinge." The root is "externally, black or deep brown, internally white or yellowish white, producing on the tongue a burning and numbing expression, like that which results from taking hot Equisi into the mouth." "Black Hellebore is a drastic hydragogue cathartic possessed also of emmenagogue powers. The fresh root applied to the skin produces inflammation and even vesication." A good example of the burning qualities of black and red.

20. *Croton Oil* (*Oleum Tiglii*), "varies from a pale yellow to a dark reddish brown. Its taste is hot and acrid—it is a powerful hydragogue cathartic, in large doses apt to excite vomiting and severe pain."

21. *Senna* (*Cassia acutifolia*, etc.). "The leaflets are yellowish green color, the flowers are yellow, the fruit grayish brown." "The infusion is of a deep reddish brown color. When exposed to the air a short time, it deposits a yellowish insoluble precipitate. It is a prompt and safe purgative. An objection sometimes urged against it is that it is apt to produce severe griping pain."

22. *Rhubarb* (*Rheum*). "Good rhubarb is yellow, with a slight reddish brown tinge ;"—"unites a cathartic with an astringent power, the latter of which does not interfere with the former, as the purgative effect precedes the astringent ;" * * appears to affect the muscular fibres more than the secretory vessels. It sometimes occasions griping pains in the bowels."

23. Why it is that a substance like *potassium tartrate*, and other saline substances may have the rubific element of potassium, and yet be but a "mild refrigerant cathartic," is easily explained by noticing the amount of oxygen ($C_4H_4K_2O_6$) which moderates and cools the thermal and expansive qualities of the other substances, and acts somewhat as it does in acids.

IX. HEALING POWER OF YELLOW LIGHT AIDED BY SOME RED AND ORANGE--LAXATIVE, ANIMATING, ETC.

1st CASE.—COSTIVENESS.

In a case of costiveness at my office, during the month of June, I let the sunlight pass through some yellow-orange glass of a hue which is usually termed yellow, and over which I had placed a lens to concentrate the rays the better at certain points. I gradually moved the focus of the yellow light over the whole bowels but especially over the descending color on the left lower side. Commencing at 3 P.M., I continued the process for 10 minutes. The perspiration was started over the whole body, although the thermometer stood at only 70° F. In 5 minutes after receiving the light, the bowels commenced the rattling motion similar to what is experienced with physic, and in 18 minutes a gentle passage was caused, and that wholly without pain. Some persons would require 2 or 3 times as long an application as the above. I have caused the same results with the chromo-disc to be described hereafter. Any deep yellow glass would act in the same way, but the yellow-orange hollow lens which the author has devised, is more prompt and effective than any other instrument, and charges the water within for internal use while it is being used externally.

2d CASE.—BRONCHIAL DIFFICULTY.

In a case of Chronic bronchial irritation, I used the chromo-disc over the breast, straining a hot sunlight thus concentrated by reflection, through yellow glass. In less than a minute I was able to rubricate the skin. I used it about 15 or 20 minutes each day for several days. The patient felt uncommonly animated and clear in his mental perceptions, and his bronchial difficulties gradually decreased. The same result would, of course, be produced by means of yellow glass without the chromo-disc, by taking a longer time, or even by hot sunlight, by taking a still longer time. The Chromo-Lens to be hereafter described is entirely unequalled in the rapidity and power of its action.

3d CASE.—COSTIVENESS CURED BY CHARGED WATER, etc.

Knowing as I did the power of the yellow and orange light to act upon the system directly, I concluded at once that it must have the power of so charging other substances that they would act upon the system in the same way, and as ordinary lamp light and gas light abound in the yellow-orange principle of carbon, etc., I was confident that they might be used with yellow glass to good advantage.

Having been costive for a few days I held a small half-ounce amber colored vial of water close to a kerosene lamp for 7 minutes, before retiring, and then drank it. In the morning I had two gentle passages without any pain, and for weeks experienced no return of costiveness. This is a good example to show the enduring character of the cures wrought by the finer elements.

4th CASE.—ANIMATING AND LAXATIVE EFFECT of Do.

The following letter from Mr. E. Norris, Artist, 59 Columbia st., Albany, N. Y., will explain itself:—

“Dr. **Habbot**: My Dear Sir —I have tried the novel experiment of the yellow light and have been astonished at the results. I have found water charged with the sun's rays through yellow glass to be an absolute and to me unfailing cathartic; in small doses a gentle laxative, and in all cases exhilarative to the spirits. What its qualities are beyond these effects I do not know, but this much seems certain and it is marvelous. To me it is a great blessing, and I shall remember you with kind feelings. I am quite well, made, and kept so, by the yellow light.”

5th CASE.—Do.

A lady of East Tennessee, who had suffered with constipation and feeble health for many years, was advised to drink water charged in yellow bottles. She wrote me that she was drinking water charged in yellow wine bottles, and asked me to send her bottles of the right shade of color, remarking as follows: “My bowels have been acted upon now five successive days. I am so delighted that I can scarcely wait the intervening time before receiving yours.” I had not then got my yellow chromo lenses ready, and so had to recommend the poor substitute of yellow bottles.

6th CASE.—COSTIVENESS AND HEMORRHOIDS.

Mrs. C. A. von Cort, of New York, author of "Household Treasure and Medical Adviser," and a lady of considerable medical experience, received from me a bottle of sugar of milk which I had charged with yellow-orange light, and the usual dose of which was an amount as large as one to three peas. Concerning its effects she wrote me the following letter, speaking of her experience in giving to Mrs. VanKeuren, of Moravia, and enclosing a note from the latter :—

"Mrs. VanKeuren has suffered with hemorrhoids so severely that all ordinary purgatives which her physicians have given her, cause intense pain, and prove very prostrating. Your medicine charged with the yellow-light is elegant, and works gently and admirably." C. A. von Cort.

The following is Mrs. Van Keuren's letter :—

"Mrs. von Cort :—Please tell the doctor that the medicine you gave me has had the desired effect. The first needed a little assistance, the last one after 24 hours relieved me without help almost free from pain. I feel easier to-night than I have been for months."

The first dose was doubtless too small, on account of her great costiveness. In severe cases it would be well to take two to four teaspoonfuls of charged water before each meal, until the bowels move, or even every hour in an emergency. The water can be charged somewhat in a few minutes of bright sunlight, but I allow my lenses to lie out of doors on the window ledge where the light can strike them constantly, meantime putting in fresh water every two or three days in hot weather to keep it pure. I have tested the power of water charged in these yellow-orange lenses in a great number of cases, and uniformly with the same effect, excepting with two or three persons whose bowels were already in a positive and active condition. With these no change was discovered. I also had a patient whose bowels were so very much constricted as to resist all ordinary medicine, and which resisted a single dose or two of the charged yellow water, but I feel confident that if the water had been taken hourly the proper result would have been accomplished during the day.

I use deep blue lenses for water to check diarrhoea, or inflam-

mation, or sleeplessness, as will be seen hereafter. I have also a few purple lenses in which I charge water for indigestion, although I may not be able to supply the public yet, excepting a few physicians, to whom it is highly important, as their manufacture for a small number is troublesome.

The above examples, and all of my experience with the yellow-charged water, or blue-charged water, go to prove the gentle, safe and enduring effect of these refined elements, and their influence on the mind, in harmony with principle XV of Chapter First, and the reason of this deep and radical influence is that they deal directly with the nerve-forces which lie at the seat of power, instead of the blood, or muscles, or other subsidiary functions, and that, too, without clogging the system with coarse and poisonous elements, such as is too commonly done with drugs.

X. DIURETICS, DIAPHORETICS, EMMENAGOGUES, ETC.—

YELLOW ADDED BY A CONSIDERABLE RED.

Several of these have already been given. A few more will suffice to settle the principle.

1. *Dandelion* (*taraxacum*). "It has a golden yellow flower. The fresh, full grown root is of a light brown color externally, whitish within, having a yellowish ligneous cord running through its center. *Taraxacum* is slightly toxic, diuretic and aperient; and it is thought to have a specific action upon the liver."

2. *Pure Carbonate of Potassium* (CO_3K_2 , $2 \times \text{H}_2\text{O}$). Red and yellow principle modified by the base in the spectrum. "Antacid, alkaline and diuretic."

3. *Potassium Nitrate* (Salt Petre, NO_3K or NO_2 (OK). The red, yellow and blue principles all strong in the spectrum. "Refrigerant diaphoretic."

4. *Sassafras Oil* (*Oleum Sassafras*). "Yellowish, becoming reddish by age." "A mild diaphoretic."

5. *Seneca* (*Senega*). "Externally brownish, internally yellowish." "An active, stimulating expectorant, acting in overdoses like squill, as a harsh emetic, and also having some tendency towards the kidneys."

6. *Buchs* (Leaves of *Burrosma*). "Brownish yellow," etc.

"Gently stimulant, with a particular tendency to the urinary organs, producing diuresis, and like all similar medicines, exciting diaphoresis when circumstances favor this mode of action."

7. *Oil of Sassafras* (Oleum Sassafras $C_{10}H_8$). "Colorless or yellow," has also the red principle of hydrogen, "is stimulant, emmenagogue and actively rubefacient."

8. *Mustard* (Sinapis). "Black mustard seeds are of a deep brown color, slightly rugose on the surface, and internally yellow. White mustard seeds are of a yellowish color and less pungent taste." "Mustard seeds act as a gentle laxative." Its powder made into a poultice, or sinapism, "is an excellent rubefacient."

XI. CEREBRAL STIMULANTS:—YELLOW WITH SOME RED AND ORANGE.

1. *Opium* is "reddish brown or deep fawn—when pulverized, a yellow-brown powder. Opium is a stimulant narcotic; it increases the force, fulness and frequency of the pulse, animates the spirits and gives new energy to the intellectual faculties. Its operation is directed with peculiar force to the brain, the functions of which it excites even to intoxication or delirium." After this comes the reaction in the form of sleep, then "nausea, headache, tremors—all the secretions, with the exception of that from the skin, are either suspended or diminished; the peristaltic action of the bowels is lessened," etc.

2. *Saffron* (Crocus), "has a rich deep orange color." "In small doses it exhilarates the spirits and produces sleep; in large doses gives rise to headache, intoxication, delirium, etc.

3. *Valerian* (Valeriana). "The powder is yellowish gray. It is gently stimulant with an especial direction to the nervous system. In large doses it produces a sense of heaviness, pain in the head," etc.

4. *Ether* is a colorless fluid, but strong in the yellow principle of carbon and the red principle of hydrogen ($C_4H_{10}O$). "Ether is a powerful diffusible stimulant, possessed also of expectorant, antispasmodic and narcotic properties." "Its effects are increased arterial action with delirium and diminished sensibility, followed by unconsciousness," etc.

5. *Water, charged with yellow and some red light through a yellow chromo lens*, is stimulating to the brain and nerves,

as signified in IX of this chapter, and leaves no bad after effects, as is the case with drugs.

XII. TONICS:—YELLOW AND RED PREDOMINANT.

1. Tonics are substances which gently and persistently stimulate and invigorate the human system, especially the nutritive and blood-making functions. I have already given several of them in the preceding matter and will mention but few here. Some of the best tonics have a fair share of the electrical colors also. Vegetable tonics are generally bitter and appetizing. Quinine and Iron are called the most important tonics.

2. *Quassia*, yellowish, flowers sometimes red. "Highly tonic."

3. *Gold thread* (*Coptis*). Roots of a golden color. "Tonic bitter."

4. *Gentian* (*Gentiana*), "yellowish powder." "Tonic."

5. *Peruvian Bark* (*Cinchona*). Pale, yellow and red varieties. "Excites warmth in the epigastrium," etc. "Nausea and vomiting," also "purgings" sometimes caused. "Frequency of the pulse is increased." Its action upon the nervous system is often evinced by a sense of tension, or fulness, or slight pain in the head, singing in the ears and partial deafness." Its most important extract is *Quinine* or *Quinia*, whose component parts are as follows, $NC_{20}H_{21}O_2$.

6. *Iron*, already described, see III of this chapter.

7. *Myrrh* (*Myrrha*), "reddish yellow or reddish brown." "Tonic and stimulating, with a tendency to the lungs and uterus."

8. *Ginger* (*Zingiber*), "yellowish brown." "A powerful stimulant."

9. *Black Pepper* (*Piper Nigrum*). "Piperin the active principle of pepper is in transparent crystals—as ordinarily procured it is yellow." Formula of piperin, according to Wertheim, $N_2C_{18}H_{17}O_1$. "Black pepper is a warm, carminative stimulant, capable of producing general arterial excitement."

XIII. WHEN YELLOW IS INJURIOUS.

1. Yellow is injurious and over exciting to a system which

has the nervous condition already very active and perhaps irritable. Dormant, paralytic, costive, cold, chronic and stupid conditions, inert tumors, etc., are greatly relieved by the yellow, aided by the red principle, but in fevers, acute inflammations, delirium, diarrhea, neuralgia, palpitation of the heart, and over excitement of any kind, it is evident enough that these colors are contraindicated. I will quote briefly again from Dr. Hale:—

2. "Green is a quieting color, if not too green. A dark green is like a dark blue, it seems to lose its calmative power. Nor must the green have a suggestion of yellow in it, for yellow, like red, irritates the nerves of the insane. I have had patients who begged to have the yellow shades removed from the windows, it 'irritated them so.' In the asylum to which I have alluded, there were a number of patients afflicted with melancholy. Some of them were placed in the blue rooms, others in the green. In both instances their malady seemed aggravated, or at least not benefited. Those placed in the yellow rooms complained that it made them feel badly. They become morose. All were benefited, however, by being placed in the red room, or in rooms lighted by ultra violet rays. The extreme violet rays, which some would call purple, are very stimulating to the nervous system. Children become exceedingly nervous from the bright sunlight, containing an excess of red and yellow rays. When ill from teething, from fever, and especially when the brain is affected, they instinctively turn from these rays, and seem to be soothed by a pale blue, or gray light."

3. These remarks show a thoughtful study of the subject on the part of Dr. Hale, but should be modified slightly to prevent readers from being misled. Dark green and dark blue are spoken of as not being *calmative* in their nature. The doctor is evidently speaking of those persons who are melancholy and are already overstocked with the blue venous blood. To such ones these colors would simply be adding sombreness to sombreness, and of course they would not calm them. All the electrical colors must be more or less calmative to an excited human system as will be shown hereafter. All the circumstances with reference to the inmates of the asylum, show that their melancholy was due to a considerable extent to an excess of venous blood, from their repugnance to blue, and to an excess of nervous sensibility from

their being injured by the yellow. Whenever they were under the chemical affinity of the yellow, namely the violet, they were benefited, not because the ultra violet is stimulating to the nerves, as the doctor supposes, but just the contrary as already shown (Chap. Fifth, XX, 18). Their nerves were already over excitable. A red purple is stimulating, especially to the blood. The stimulus which they most needed was in the red to offset the excess of blue in the veins, and this is the reason that the red was so useful to them. My own experience has shown me that persons with the erysipelas or an excitable nervous condition, cannot endure much of the strong sunlight without harm. The red, orange and yellow rays prove too exciting for them. A lady patient who inherited something of an erysipelatous condition, and was also neuralgic and otherwise excitable until she had spells of insanity, always became worse after taking baths of white light and found even blue and white light too exciting for her. Blue glass was far more soothing, but the glass which she used being mazarine, admitted so many of the other more exciting rays, that she could not use that very long at a time without feeling their exciting effect. I advised two thicknesses of the blue and the exclusion of all other rays.

4. One great reason why yellow rules in the most violent of poisons, such as *Prussic acid* and *strychnine*, is because of the predominance of the yellow principle as a stimulus of the nerves combined with the red principle as a stimulus of the blood. Thus *strychnine*, according to Liebig, is composed as follows: $N_2C_{44}H_{21}O_4$, which shows a decided predominance of the yellow principle in the carbon, much power of the red in the hydrogen, and not enough of the electrical oxygen to balance the irritating and fiery action of these thermal elements. "Next to Prussic acid, strichnaia is perhaps the most violent poison in the catalogue of medicines." Prussic acid is constituted as follows:— CNH , which gives great power of the yellow principle in carbon, and even in nitrogen, predominating red in the hydrogen and no decided electrical element to balance all this thermism, although the nitrogea may be considered slightly more electrical than it is thermal when in combination. "Strichnaia acts especially as an excitor of the motor filaments of the spiral cord, causing tonic muscular contractions." "Hydrocyanic (prussic) acid, in poison-

ous doses, acts conjointly on the cerebrum and spinal cord. All the animals I have seen killed by this agent, utter a scream, lose their consciousness and are convulsed. These are the symptoms of epilepsy. * * * The phenomena of epilepsy are evidently congestive. While the cerebral functions are for the time annihilated, the spinal ones are violently excited." (Bennett.) When prussic acid is taken in large amounts, the patient may fall almost as if struck by lightning."

5. The yellow principle then being so powerful in its action on the nerves, we may easily understand why large doses of yellow drugs are said to cause convulsions, delirium, vomiting, drastic purging, etc. Even so mild a substance as *coffee* with its yellow brown principle is said to be "contra-indicated in acute inflammatory affections," causing "nervous excitement" and a "disposition to wakefulness." Of *dandelion* it is said that "an irritable condition of the stomach and bowels, and the existence of acute inflammation contra-indicate its employment." Other even more active drugs with yellow, and especially with yellow and orange, or yellow and red potencies predominant, such as mercury, jalap, opium, alcohol, etc., must be still more disastrous to a sensitive nervous or sanguine system, especially when taken in large amounts. Coffee, though yellowish brown and laxative in some of its elements, has an astringent principle in its tannin. Those who wish to escape some of the worst effects of coffee, should not let it steep more than five to ten minutes, when the coffee grounds should be removed from the liquid to prevent the tannin from escaping into it. Under such circumstances I have found coffee laxative than otherwise.

XIV. HEALING POWER OF BLUE AND VIOLET.

NERVINE, ASTRINGENT, REFRIGERENT, PERRIGUE AND SEDATIVE.

1. We come now to the cold, electrical and contracting potencies, which are very fine and penetrating, and also very soothing to all systems in which inflammatory and nervous conditions predominate. As we have seen in the last chapter, substances combine in a harmonizing union with those substances whose colors form a chemical affinity with their own and thus keep up that law of equilibrium which is the safety of all things. This

law having been so abundantly explained, it is obvious beyond all guess work, that if the red arterial blood should become over active and inflammatory, blue light or some other blue substance must be the balancing and harmonizing principle, while again, if the yellow and to some extent the red and orange principle of the nerves should become unduly excited, the violet and also the blue and indigo would be the sooth ing principles to have applied. This applies to the nerves of the cranium, stomach, bowels, and kidneys, as well as elsewhere, in which the heating and expansive action of these thermal principles may beget the condition of delirium, emesis, diarrhoea, diuresis, etc., that can be assuaged only by the cooling and contracting influences of substances possessing the electrical colors. Can this law, which thus stands out clearly and simply like a mathematical demonstration, be shown to have a basis in actual practice in harmony with the experience of the medical world for ages back? The following are a few of the many facts that settle these principles and assist in crystallizing them into a chromo-therapeutical science. In considering them, the reader, who has become familiar with the working of atoms (Chap. Third), will readily understand that the electrical blue and violet forming atoms of substances, being the interior ones which are encased more or less by thermal atoms, must have their colors in part or wholly concealed at times by the encasing atoms, or at other times subject to the law of metachromism which reverses the usual order of things especially in binary compounds (See Chap. Fifth, XX, 19, and XXII, 4, which the reader should be familiar with before proceeding farther). The law as a whole stands out in prominent light:—

2. *Aconite* (*Aconitum napellus*). "Flowers dark violet blue." "A powerful nervous sedative and anodyne." "Applicable to cerebral inflammations."

3. *Belladonna*, or Deadly night-shade, "has purplish stems," leaves "ultimately of a deep purple color, with violet colored juice." "The root is reddish brown, internally whitish." "Has sometimes been mistaken for a parsnip." "Soothes irritation and pain particularly in nervous maladies; " "is a powerful narcotic, possessing also diaphoretic and diuretic qualities," "causes dilation of the pupil," "a powerful poison." Belladonna, from its large amount of yellow and red principle in its carbon and

hydrogen, is stimulating, and from its electrical principle is sooth-ing, thus combining both styles of force.

4. *Digitalis* (*Digitalis purpurea*). "Beautiful purple flowers;" "Powder of a fine deep green;" "a red coloring principle, chlorophyl, albumen, starch, etc. *Digitalis* is narcotic, sedative and diuretic." In large doses a strong poison, leading to "convulsions, vomiting," etc.

5. *Ergot* (*Ergota*). "is in solid grains of violet brown color externally, yellowish white or violet white within;" "Ergot has been much used for promoting contraction of the uterus." Dr. Müller found it to check the bleeding from large divided arteries (applied externally), and Dr. Wright states that "either in powder or infusion it has a prompt effect in arresting hemorrhage."

6. *Crusibill* (*Geranium*). "Large purple, often spotted flowers." "Our best native astringent."

7. *Logwood* (*Hematoxylon*). "The flowers have a brownish purple calyx, and lemon yellow petals." "Of itself it is not a coloring substance, but affords beautiful red, blue and purple colors by the joint action of an alkaline base and the oxygen of the air. It is a mild astringent." "Contains tannin,—blue black variety."

8. *Purple Willow Herb* (*Lythrum salicaria*). "Showy purple flowers." "Is diabolent and astringent."

9. *Indigo*. "The complaints in which it has been employed with supposed advantage are epilepsy, infantile convulsions, chorea, hysteria and amnesia." "

10. *Phosphoric Acid* (PO_4H_3), the blue principle of Oxygen predominant. "When diluted is deemed tonic and refrigerant," "allaying spasms," etc.

11. *Sulphuric Acid* (SO_4H_3). Blue, indigo, and violet very strong. "Diluted, it is tonic, refrigerant and astringent."

12. *Nitric Acid* ($\text{N}_2\text{O}_3\text{OH}_2$). Blue, indigo, etc. "Tonic and antiseptic." "Largely diluted with water, forms a good acid drink in febrile diseases."

13. *Hydrochloric Acid* (HCl). Blue-green, blue and indigo, of chlorine, and blue-green, indigo and dark violet of hydrogen, giving some preponderance of electricity. "Tonic, refrigerant and antiseptic."

14. *Tartaric Acid* ($\text{C}_4\text{H}_6\text{O}_4$). Blue and violet strongest. "Refrigerant."

15. *Tannic Acid* ($C_{17}H_{18}O_{17}$). In this important compound the powders of which are *light bluish yellow*, it may be supposed that the thermal principle rules from the amount of Carbon and hydrogen, but when we remember that it takes two atoms of hydrogen to balance one of oxygen as in water, and that hydrogen and even carbon are strong in the electrical colors, it may easily be understood why electricity as a whole has the mastery in this substance, although a part of the electrical atoms are encased in the yellow atoms of carbon. "The chief principle of vegetable astringents." "Used for hemorrhages," etc.

16. *Galls* (Galla). "The best are externally of a dark bluish or lead color, sometimes with a greenish tinge, internally whitish or brownish." "Astringent."

17. *Sulphate of Copper* (Capric Sulphate, or blue vitriol SO_4 $Cu_5(OH)_4$). "Deep blue." "In small doses astringent; in large ones an emetic," from its yellow and orange principle.

18. *Ferrous Sulphate* (Green Vitriol, $Fe SO_4$). "Pale bluish green." "Astringent and tonic."

19. *Blackberry* (*Rubus villosus*). Violet colored juice. "Astringent."

20. *Chloroform* ($CHCl_3$). Strong blue and indigo, and some violet from preponderance of Chlorine. "A direct sedative to the nervous system, used as an anesthetic by inhalation; but it frequently causes death by paralysis of the heart."

21. *Chloral hydrate* ($C_2HCl_3O \cdot H_2O$). Predominance of blue, indigo and violet, but better balanced by thermism than chloroform. For the promotion of sleep as an anodyne, it is much inferior to opium. Generally its after effects are less disagreeable than those of opiates. "Considerably used in delirium tremens and tetanus." "Poison."

Green Tea (*Thea viridis*). "Green tea is characterized by a dark green color, sometimes inclining to blue or brown. Its infusion has a pale greenish yellow color." "Tea is astringent and gently excitant, and in its finer varieties exercise a decided influence over the nervous system," causing "exhilaration, wakefulness," etc. "Long continued in excessive quantity, it is capable of inducing unpleasant nervous and dyspeptic symptoms, the necessary consequence of over-excitement of the brain and nervous system. Green tea is decidedly more injurious in these

respects than black." Green tea has 17.8 per cent of tannic acid. The reader will readily see that the double quality of producing excitement and astringency comes from the yellow and blue which combine to produce the green.

XV. HEALING POWER OF BLUE OR VIOLET LIGHT.— NERVINE, ANTI-INFLAMMATORY, COOLING, ETC.

In other words blue, indigo and violet light heal on exactly the same principles as do the drugs already named, only in a more exquisite, penetrating and less harmful way, from the superior refinement of the elements thus received. To show that this is not mere theory, I will quote a few actual facts.

1st CASE.—SCIATICA, INFLAMMATION, ETC.

"An elderly lady on Hospital Place, off Lockwood street, has been afflicted with a sciatic difficulty for 11 years, and has not been entirely free from pain a single day during that time. Her age was 59, though she seemed to be 70. The disease was confined to the left limb, and the knee, ankle and foot would be swollen to twice their natural size. A week ago, 3 panes of blue glass were inserted in a west window, and the first bath was applied to the ankle where the pain and soreness were located. In two or three hours a large lump on the ankle the size of a hen's egg and of a purplish color, entirely disappeared, as did also the pain and soreness. During the following night, the pain reappeared in the foot, and the light being poor during the following two or three days, this point was not so easily relieved, but under a bath of strong light soon drove the peace destroyer away. But the most remarkable effect of blue glass sun baths on this patient was witnessed on Sunday. The disease attacked her knee Saturday night, and she suffered the most excruciating agony. Sunday morning the knee was very much swollen, and the least weight upon her affected parts nearly threw her into spasms. As soon as possible the blue glass bath was taken, and in less than three quarters of an hour the pain had left, the swelling and soreness had disappeared, and the limb was to all appearance as healthy as it ever was. Yesterday she walked about the house as lively as a girl of 16. Another remarkable feature in this

case is that for over a year the toes of the left foot have been entirely useless, being benumbed; but the blue glass sun-baths have restored to her the full use of those members.—*Providence Press*, Feb. 14, 1877.

2d CASE.—VIOLENT HEMORRHAGE OF THE LUNGS.

"A lady of my family, about six weeks ago, had a violent hemorrhage of the lungs, and for ten days raised more or less blood daily. She was very much weakened by the loss of blood, and considerably frightened withal. I obtained some blue glass and placed it in the window where she was in the habit of sitting, the blue glass constituting one-half of the lower sash of the window. The lady sat daily in the associated lights, allowing the blue rays especially to fall upon the nerves of the back of the neck for about an hour a day. The second day, the sun's rays being unusually strong, she got 'too much blue glass,' and at night felt peculiar sensations in the back of the neck, among the nerves, and an unpleasant fulness in the head. These sensations were off next day, and since then she has not remained so long at a time under the blue glass. But from the first she began to grow stronger, her face soon gained its natural fulness, and in a week she was, to all appearances, as well as ever. Of course, she was not cured of the trouble in her lungs in so short a time, but the soreness in her chest has passed away, and she begins to feel well again. After sitting in, the associated light for a week, a large number of red pimples came out on her neck and shoulders, an indication that the treatment was bringing out to the surface the humors of the blood." *From "Dutton," N. Y., Jan. 12, 1877, in Correspondence of Chicago Tribune.*

The expression in the above "she got too much blue glass" is incorrect. It should have been *too much blue and transparent glass*, as the stimulating white rays of the sun were totally wrong for such a case. She had too little blue glass. Even the matzine blue glass alone lets in too much of the other warmer rays to make it safe to take these on the head or upper spine for an hour at a time if the patient has a very sensitive brain or nervous system. This mistake results from the incorrectness of conception which would make one method a panacea for everything.

3d CASE.—CEREBRO-SPINAL MENINGITIS.

General Pleasanton received a letter from a lady in Cairo, Illinois, who had been afflicted with a dreadful case of spinal meningitis, and after suffering four years was cured by the blue light process. *Condensed from N. Y. World.*

4th CASE.—NEURALGIC HEADACHE.

A merchant on Broadway informed the author that he came home from church one Sunday with a severe neuralgia and headache, and although he had no special faith in the blue glass, concluded he would try it. By sitting under mazarine blue glass 30 minutes he was entirely relieved.

5th CASE.—GENERAL NERVOUSNESS.

A benevolent lady physician of Vineland, New Jersey, informed me that she placed a large sheet of blue glass over one of her windows, and then set an easy chair in front of it, into which she invited her visitors. A feeble, nervous, elderly lady, who called frequently, was placed in the chair under the blue light. She immediately commenced improving, and after awhile concluded to ask the object of the blue glass in the window. After being told, she admitted that something had been making her feel much better, but could not tell before what it was.

6th CASE.—RHEUMATISM.

The Hartford Post gives the account of a Mr. W. W. Larabee, proprietor of the Brower House, who was confined to his room with a severe attack of Rheumatism. A short course of blue sun baths gave him health and power to attend to business in a way which the paper calls "astonishing."

7th CASE.—RHEUMATISM.

Dr. Robert Rohland of New York, in a letter to Gen. Pleasanton says: "I exposed, about a year ago, a man suffering with severe rheumatism to the influence of blue light through two glass panes. He felt, after 15 minutes, much relieved, and could move about without pains, but complained of a nasty metallic taste on his tongue."

Dr. Roland speaks of another gentleman, a patient of Dr. Fincke, of Brooklyn, who, when his hand was placed in the blue light, experienced a taste like verdigris on his tongue. We have seen, Chapter Fifth XXI, to, that copper, zinc and other metals must exist in blue light, although in that refined condition which prevents the poisonous effects of the crude metal.

8th CASE.—TUMOR ON AN INFANT.

"In a little girl one month old, was found a hard resisting tumor about the size of a robin's egg, in the sub-maxillary region of the left side. I had it placed in such a position that the rays of light through a blue glass should impinge upon it, one hour at least each day. This tumefaction disappeared entirely within 40 days. The child has developed astonishingly; is now seven months old; is exceedingly bright and happy; has not known an hour's sickness or discomfort. Its peculiar freedom from infantile ills, I attribute, at least in some degree, to the influence of the Blue Light. W.H. M. McLAURY (M. D.), *to Gen. Pleasants in "Blue and Sun-Lights."*

If a lens had been used in the above case to concentrate the rays in one place, and yellow orange glass, which has the rousing power of yellow and red, to animate the nerves and blood, alternated at times with blue, the cure would doubtless have been performed several times as soon.

9th CASE, OR SERIES OF CASES.—COLORS FOR LUNACY.

The following treatment of lunacy in an Italian Asylum, I copy from a condensed report. The ideas are somewhat vague, but mainly correct as far as they go:—

Dr. Pozza, director of the lunatic asylum at Alessandria (Piedmont), having conceived the idea that the solar rays might have some curative power in diseases of the brain, communicated his views to Father Secchi of Rome, who replied: "The idea of studying the disturbed state of lunatics in connection with magnetic perturbations, and with the colored, especially violet light of the sun, is of remarkable importance." Such light is easily obtained by filtering the solar rays through a glass of that color. "Violet," adds Father Secchi, "has something melan-

choly and depressive about it, which, physiologically, causes low spirits; hence, no doubt, poets have draped melancholy in violet garments. Perhaps violet light may calm the nervous excitement of unfortunate maniacs." He then, in his letter, advises Dr. Ponza to perform his experiments in rooms, the walls of which are painted of the same color as the glass panes of the windows, which should be as numerous as possible, in order to favor the action of solar light, so that it may be admissible at any hour of the day. The patients should pass the night in rooms oriented to the east and the south, and painted and glazed as above. Dr. Ponza, following the instructions of the learned Jesuit, prepared several rooms in the manner described, and kept several patients there under observation. One of them affected with morbid taciturnity, became gay and affable after three hours' stay in a red chamber; another, a maniac who refused all food, asked for some breakfast after having stayed twenty-four hours in the same red chamber. In a blue one, a highly excited madman with a strait waistcoat on was kept all day; an hour after, he appeared much calmer. The action of blue light is very intense on the optic nerve, and seems to cause a sort of oppression. A patient was made to pass the night in a violet chamber; on the following day, he begged Dr. Ponza to send him home, because he felt himself cured, and indeed he has been well ever since. Dr. Ponza's conclusions from his experiments are these: "The violet rays are, of all others, those that possess the most intense electro-chemical power; the red light is also very rich in calorific rays; blue light, on the contrary, is quite devoid of them as well as of chemical and electric ones. Its beneficent influence is hard to explain; as it is the absolute negation of all excitement, it succeeds admirably in calming the furious excitement of maniacs."

The soothing power of blue as tested in a French Insane Asylum, is shown in this chapter, IV. 3. The idea that blue light is devoid of "chemical and electrical rays" shows the prevailing ignorance on the subject.

10th CASE.—SUN-STROKE.

Dr. Rohland has called my attention to a remarkable cure published in the N. Y. Evening Post. A Mr. E., of Englewood,

and doing business in New York City, had suffered severely for two years from the effects of a sun-stroke, and by merely wearing a blue hand on the inside of his hat was entirely relieved. This is a refutation of the absurd idea which some still entertain, that color has no potency excepting when the sun shines upon it. Sunlight stimulates all colors into greater activity, but all substances have their potencies according to their colors quite independent of light.

11th CASE.—SCIATICA, ETC.

"Mrs. L., a widow aged 32, had been a severe sufferer for several years from *Sciatica*, with extreme tenderness in the lumbar region. We instructed her to sit daily for about two hours in a bath of all blue panes, with her back bared to the light. After the third sitting, the tenderness along her spine was almost entirely gone, while the distress and pain sensibly abated. This treatment continued but for ten days, when all symptoms disappeared." *Dr. Pancoast's Blue and Red Light*, p. 274.

12th CASE.—CHOLEKRA INFANTUM AND MARASMUS.

"Master H., aged 18 months. This was a severe case of *cholera infantum* and *marasmus* brought on by teething in extremely warm weather; he had been under treatment by an excellent physician for some time, but was steadily declining. As the last faint hope we determined to try the *blue* treatment; he had been exceedingly irritable, but the blue light immediately soothed him into a gentle sleep and he came out of the bath calm and refreshed. Two months' treatment of him made him a fine healthy-looking child, with full, rosy cheeks and happy temper. We are confident that but for the blue ray this child must have died—no ordinary treatment could have saved him." *Blue and Red Light*.

13th CASE.—NERVOUS IRRITABILITY.

Mr. T., aged 35. In consequence of long continued excessive physical and mental exertion, his nervous system was entirely disordered; the derangement manifested itself in nervousness, and trying irritability; he could not sleep at night, was disturbed

by frightful dreams ; his appetite was variable, sometimes ravenous, at others, the very sight of food was an annoyance ; his bowels varied, too, at times constipated, at others lax ; he had frequent pains in his head, the least excitement unnerved him, and he was inclined to extreme despondency. His irritability forbade red light, and we determined to administer blue light with red light medicine. The beneficial results were immediate ; his entire system improved rapidly ; five baths actually restored a healthy tone to his nervous system, and he has since experienced nothing even of "nervousness," though his life is one of constant physical and mental activity." *Blue and Red Light*, p. 280.

XVI. HEALING POWER OF BLUE AND WHITE SUNLIGHT.

This combination, of course, is more rousing and animating than blue or violet light alone, as it contains the electrical power of the latter, and the healing power of all the rays combined in the ordinary white light. Gen. Pleasanton, who has demonstrated to the public the efficiency of combined blue and sunlight in vegetable growth and human healing, seems quite unacquainted with the principle by which this is done, as most persons must be who do not understand atomic law and the principles of chemical affinity. He concludes that, as the rays of the sun come 186,000 miles per second and are all intercepted excepting the blue by the blue glass, their impact upon the glass produces negative electricity, "while the electrical condition of the glass is opposite, or positive, and heat is therefore evolved by their conjunction. This heat sufficiently expands the pores of the glass to pass through it and then you have within the apartment electricity, magnetism, light and heat, all essential elements of vital force." With reference to the above, I would say, 1st, that we would have the electricity, light, heat, etc., if there were no glass used ; the same effects being produced by thin blue curtains, etc. ; 2dly, the meaning of the terms positive and negative electricity, as commonly used, being entirely unknown, their use tends principally to blind one by means of words which smack of science but signify nothing ; 3dly, the more the glass becomes heated by this action of sunlight, the more the

heat rays will fail to pass through, as heat is repellent. The diathermancy of blue glass is exceedingly small, while the blue substance, sulphate of copper, is said to shut off all heat as shown by experiment, although the substance itself becomes warm by absorbing the heat rays, and this is a substance which makes perhaps the purest blue glass, especially when ammonia is added, and constitutes *cupro-diammonium sulphate* (N_2H_4Cu) SO_4 . Melloni has shown that plate glass shuts off over half of the heat rays of artificial light, while the mazarine blue glass must shut off more, and the *cupro-sulphate* blue the whole or nearly the whole. The blue should be understood to be of itself a cold electrical ray, so cold that when the thermometer stands at 56° F. in the blue rays of the spectrum, the yellow light will raise it to 62°, and the thermal to 79°, or nearly half as high again as the blue rays. How then does a mass of blue rays produce action when combined with a mass of white rays? We have seen in the Third and Fifth chapter that the blue color has a chemical affinity for the red, which being true, the blue rays of light must seize upon and combine with the red portion of the white light. I shall present facts a little farther on to show that while a small amount of blue with a larger proportion of white light will produce a greater heat than white light alone, yet an equal amount of blue and transparent glass placed side by side, is much more cooling than the ordinary transparent glass alone. In the following cases, which I quote mainly from General Pleasanton's work on "Blue and Sun-Lights,"* the blue light is probably in a considerable predominance so far as actual contact with the persons of the patients is concerned, and the effects already attributed to blue, are, as might be expected, the ones which generally appear. While the great error of General Pleasanton's book, therapeutically considered, is the one-sidedness of recommending blue and white light for everything, yet if we were to take one combination only, this is perhaps as good as any that could be selected, as it gives the penetrating, calming principle of blue, and the warming animating principle of white light, enabling one to take both at a time, with the head or any other warm and sensitive portion of the body under the

* I wish the grammar of his title would have been better under the name of *Blue and White Sunlight*, for both colors belong equally to the Sunlight.

blue glass, while the colder portions are under the clear glass, or in case of fever or extra nervousness, to use the blue glass almost solely, while in case of a cold, dormant and chronic condition, the clear glass, or pure sunlight, should be used almost solely. In proving the advantage of the blue or violet combined with white light, in vegetable and animal life, Gen. Plessanton has done a good thing for the world, and in spite of all his crude theories merits far more commendation than many of his critics who seem to have tried to offset his *facts* by their *prejudices*.

1st CASE.—SCIATICA.

"About this time (Sept. 1871), one of my sons, about 22 years of age, a remarkably vigorous and muscular young man, was afflicted with a severe attack of sciatica, or rheumatism of the sciatic nerve, in his left hip and thigh, from which he had been unable to obtain any relief, although the usual medical as well as galvanic remedies had been applied. He had become lame from it and he suffered much pain in his attempts to walk. I advised him to try the associated sun and blue light, both upon his naked spine and hip, which he did with such benefit, that at the end of three weeks, after taking the first of these baths of light, every symptom of the disorder disappeared, and he has had no return of it since, a period now of three years."

Gen. Plessanton's Blue and Sun-Lights, p. 14.

2d. CASE.—TWO CURES OF RHEUMATISM.

"Some time since, two of my friends, Major Generals S. and D. of the United States regular army, were on duty in this city. On making them a visit at their official residence, I saw on the window ledge, as I entered the room, a piece of blue glass of about the size of one of the panes of glass in the window. After some conversation, General D. said to me, Did you notice that piece of blue glass on the window ledge? I said I had observed it. 'Do you know what it is there for?' " S. and I have been suffering very much from rheumatism in our fore-arms, from the elbow joints to our fingers' ends; sometimes our fingers were so rigid that we could not hold a pen—we have tried almost every remedy that was ever heard of for relief, but with-

out avail ; at last I said to Gen. S., suppose we try Pleasanton's blue glass, to which he assented—when I sent for the glass and placed it on the window-ledge. When the sun began about ten o'clock in the morning to throw its light through the glass of the window, we took off our coats, rolled up our shirt sleeves to the shoulders, and then held our naked arms under the blue and sunlight ; in three days thereafter, having taken each day one of these sun-baths for 30 minutes on our arms, the pains in them ceased, and we have not had any return of them since. We are cured.'

" It is now more than two years since the date of my visit to these officers. Two months ago Gen. S. told me that he had not had any return of the rheumatism, nor did he think that Gen. D. had had any. Gen. S. in the mean time had been exposed to every vicissitude of climate from the Atlantic Ocean to Washington Territory, on the Pacific, and from the 49th degree of north latitude to the Gulf of Mexico, and Gen. D. was then stationed in the far north." *Blue and Sun-Lights*, p. 15.

The foregoing and other examples illustrate the durability and power of the fine forces according to Chap. First, XV.

3d CASE.—NERVOUS PROSTRATION.

Statement made by a lady patient of Dr. Fisher, N. Y.:

" Having been an invalid for nearly three years, and for the last half of that time confined entirely to my rooms on one floor, I became so reduced by the long confinement, and my nervous system seemed so completely broken down, that all tonics lost their effects, sleep at nights could only be obtained by the use of opiates, appetite, of course, there was none, and scarcely a vestige of color remained either in my lips, face or hands—as a last resort I was placed, about the 19th of January, 1874, under the influence of the blue glass rays. Two large panes of the glass, each 36 inches long by 16 inches wide, were placed in the upper part of a sunny window in my parlor, a window with a south exposure, and as the blue and sunlight streamed into the room, I sat in it continuously. I was also advised by Dr. Fisher to make a regular sun bath of it ; at least, to let the blue rays fall directly on the spine for about 20 or 30 minutes at a time, morning and afternoon ; but the effects of it were too strong for

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HEALING
BY
LAYING-ON OF HANDS.

HEALING

BY

LAYING-ON OF HANDS.

BY

JAMES MACK.

'The smallest hurts sometimes increase and rage
More than all art of physic can assuage;
Sometimes the fury of the worst disease,
The hand, by gentle passes, will appease.'

SOLON, *translated by Stanley, 'Hist. Phil., 1666.'*



LONDON:
JAMES BURNS, 15, SOUTHAMPTON RO^W

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XII.—DR. EDWIN DWIGHT BABBITT.

THE following particulars of Dr. Babbitt are from the pen of Hudson Tuttle. The sketch appeared in the *Religio-Philosophical-Journal* (Chicago, Ill., U.S.) for August 24th, 1878. Dr. Babbitt is chiefly known in Europe as the author of a work of acknowledged ability on 'The Principles of Light and Color,' a book of great originality and discrimination.

DR. EDWIN DWIGHT BABBITT is a grandson of the Rev. Abner Smith, who graduated at Harvard University in 1770, and son of the Rev. Samuel T. Babbitt, a Congregational clergyman and a graduate of Yale. He was born at Hamden, New York, on Feb. 1st, 1828, and received the scholastic part of his education at different academies in that State, and at Knox College in Galesburg, Ill., where his father was residing as a missionary. An education which he prizes very highly, was that which he gained by residing in various parts of the Union, and by a year's residence in Europe, all of which opened up the great human world to him in its many phases. Another important experience in the art of imparting knowledge to others, was a considerable period spent in teaching. In his younger days he matured what is called the Babbittonian system of penmanship, which has been republished in London, and is still in use in America, being published by Geo. Sherwood & Co., in Chicago. In 1860 he established the Miami Commercial College in Drayton, Ohio, which he conducted for several years. It is still conducted with marked skill by one of his students, Mr. A. D. Wilt, a cultured Spiritualist.

In 1869, when over forty years of age, and after

having been a zealous member of the Presbyterian church for a quarter of a century, he received overwhelming proofs of the truths of Spiritualism, and rapidly enlarged the horizon of his mind until he could, as Keshub Chunder Sen beautifully says, embrace a world's religion which 'accepts the truths of all scriptures and honours the prophets of all nations.' Such is the solvent power of spiritual truth, that in its crucible it melts down all prejudices and educational tendencies, separating the dross and retaining only the fine gold.

His magnetic and inspirational powers became developed by means of the new knowledge and influence brought into action, and under the higher aid he rose to a far grander conception of man and the universe than ever before.

From the dreary fields of a narrow church creed to the freedom of the universe, was a wonderful change, and Dr. Babbitt's mind rapidly threw aside the fetters which had prevented its expansion. Unlike so many others who, confounding the church with the divine precepts of morality it teaches, and who run wild in a license they mistake for freedom, he retained his love and veneration for all that was good and pure, and held fast to the high sense of duty and obligation which is one of the sterling qualities of Christianity.

He commenced his practise as a magnetist, or as a psycho-physician, as he terms himself, in Chicago and Boston, but pursued it until the close of 1877 in Brooklyn and New York. *Although this new course of life provoked the opposition and disapproval of dear friends and relatives, and it was especially during the first years of practice a severe struggle to become established, yet he can point to many cases of healthy bodies and built-up souls, which had certainly thwarted all other methods, and he considers*

the new light gained from his practice among the sick and suffering, and the higher illumination he was in the habit of receiving at stated hours each day, as being invaluable aids in the philosophy of human cure and human upbuilding to which he has devoted his life.

Considering man as the most refined portion of the universe, he advocates a change in the present system of therapeutics which amounts to a revolution, and the adoption of the pure elements of nature, such as vital and spiritual magnetism, light, air, water, electricity, food and food-medicines, in the place of crude drugs, blisterings, burnings, setons, relics of barbarism, which still prevail. His work entitled the 'Health Guide' was favourably received, and had an extended sale. This work was the forerunner of the great effort of his life, and has been allowed to go out of print, now that it is superseded.

In this introductory treatise he presented a new system of magnetic cure ; mapped the head and body, and minutely described the treatment of most diseases, both of mind and body, which afflict mankind. He sketched the work which will require generations to complete. Should he succeed in founding a school of psychopathy, its first duty would be to study this vast subject in a strictly scientific manner, and demonstrate step by step every proposition. Such a school would accomplish more for humanity than all the medical colleges put together. Dr. Babbitt is evidently on the right track. He filled this book with admirable suggestions, both as to the preservation of health and regaining it when lost. *In his reply to Dr. Brown-Séquard, he triumphantly proved the reality of auric force, or the magnetic, and destroyed the theory of that eminent savant, that it is only imagin-*

ation.* His allusion to the barbarity which that physician practised on the lamented Sumner in the name of science, subjecting him to tortures more terrible than the Inquisition inflicted, and which would have made a savage blanch, was a lance most adroitly thrown. The day of the slaughter-house doctors is waning, and the barbarous superstitions which pass as medical lore are beginning to be estimated at their true value. The term psychophysics is most admirable as expressing the philosophy of life. All will agree with Dr. Babbitt, 1st: *That the leading medical men of the day do not comprehend the true basis of psychical and physiological action*; 2nd, *that their opposition to the vital magnetic forces comes from a lack of both thought and investigation*; 3rd, *that by means of them we can explain the philosophy of life far better, and cure disease more rapidly, pleasantly and powerfully, than by the old methods*.

To the completion of the work thus introduced, Dr. Babbitt has devoted his later years with assiduity and self sacrifice, amid the most discouraging circumstances, and has been able to surmount all obstacles and publish it in a sumptuous style, under the title of 'The Principles of Light and Color, including, among other things, the harmonic laws of the universe, the etherio-atomic philosophy of force, chromo-chemistry, chromo-therapeutics, and the general philosophy of the fine forces, together with numerous discoveries and practical applications.'

Dr. Babbitt inclines to the deductive method, and has far outreached the present boundaries of the known. In fact it will require a vast amount of investigation to prove or disprove some of the

* See 'Vital Magnetism,' New York, 1874, for the able reply of Dr. Babbitt.

theories he strenuously maintains, and with the greatest plausibility. The ancient philosophers anticipated, with gleams of prescience, the doctrines of attraction and evolution, and the clairvoyant intellect has ever gone before plodding observation. Dr. Babbitt has, in the arcana of the atom, far outreached inductive reasoning, but perhaps has marked out a path for the slow observer to follow after and gather the approving or conflicting facts. No one can doubt that he has, in the vital relations and curative power of the forces of light, magnetism, etc., opened an exhaustless field of research, and that he here approaches nearer the fountain of life than any one has done before him.

Dr. Babbitt was unfortunate in the loss by death of his wife, a most excellent lady, and two of their five children are with her in the Summer-land. Thus left alone, as it were, he has given his whole soul to the study and elucidation of the subjects which have for many years received his attention.

XIV.—MR. DE CAUX.

THE subjoined information respecting Mr. De Caux, and his healing powers, is taken from the *Medium and Daybreak*, of the dates appended thereto :

I.

‘A few weeks ago, Mrs. Kimball, at one of her Monday Evening Receptions at the Spiritual Institution, singled out a person from among the audience for psychometric delineation, in the course of which she described him as a man of “a deeply aspirational and religious nature, and a powerful healer.” That person was Mr. De Caux. Both these qualities were testified to by Mr. Burns and

"The above statement I believe to be perfectly correct. The girl, Susan Dowsett, has been living with me over six years, during which time I had great difficulty in making her hear, but now she can hear very well.

"MARTHA CLARK.

"*Heath Cottage, Lower Heath, Hampstead,*

"*June 16.*"

VII.

DR. BABBITT'S RULES AND POINTS FOR MAGNETISERS.

In his work entitled 'Vital Magnetism the Fountain of Life,'* Dr. E. D. Babbitt gives rules for magnetising, and from them I select the following Rules and Miscellaneous Points :

Thirteen Brief Rules.

1. Make passes from *heated* or *inflamed parts*, toward the extremities or cold parts.
2. Give a new tide of life to *cold negative parts*, by holding, rubbing, or spatting them.
3. Place the *right hand*, which is positive, on the hot part, and the *left, or negative hand*, on the cool, on the principle that forces flow from positive to negative. Reverse this order in thoroughly left-handed persons.
4. If the system is *dormant*, as in *Chronic Rheumatism, Paralysis, etc.*, *upward* movements are very important as assisting the *capillary* action. Pass up all the limbs and spine, but avoid upward passes near the head. Vitalise the back-neck and shoulders thoroughly, make passes from the hips upward diagonally to the shoulders, and animate the portions back and front of the ears thoroughly.

‘ 5. When *Liver, Stomach*, and general *Visceral system* are torpid, knead them thoroughly, without causing too much pain, but especially make a large circle over them, moving *up* on the right side over the ascending colon, across over the liver, stomach, and spleen, and down on the left side over the descending colon. This is admirable for *Costiveness*, and should be practised several minutes each night and morning. For *Diarrhoea*, move in just the opposite direction.

‘ 6. The *Solar Plexus* which is at the pit of the stomach is the most important nerve-centre in the system. If it is cold and inactive, hold the hands over it: if too hot, make outward passes and scatter the heat.

‘ 7. If there is *Inflammation* at the *Lungs, Heart, Kidneys*, etc., do not manipulate directly over the place, but at a little distance off. Also make outward passes.

‘ 8. For *Head Ache*, hold right hand on forehead, left hand on back head or neck, and especially make downward passes over the side and back-neck, rub the feet and hands, etc.

‘ 9. *Automania*, or *self-manipulation*, though not equal to a fine magnetic hand of another, is capable of accomplishing wonders, if persevered in. Practise it daily.

‘ 10. To tone up the muscular system, rub thoroughly the upper back head, and just below the neck over the brachial plexus. Also make passes from the cheeks to the upper back head.

‘ 11. To quicken a dull intellect, rub the forehead, brows, and temples. To animate the moral powers, rub the top and front head. To scatter extra heat in the *passional region*, pass from the back head and neck, down the shoulders and arms.

‘ 12. For *Convulsions, Apoplexy, Sunstroke*, etc., rub the back head and neck and spine powerfully, heat the

feet, pour water hot as can be borne for five minutes or more on the back head and neck, etc.

'13. When the magnetist arouses a dormant system, do not be alarmed if you feel worse for a while.'

Twenty-six Miscellaneous Points.

a. Persons having serious scrofulous elements in their blood should be psychomised, and go through sweating processes for some time, so that they may become purified and not injure those whom they treat.

b. After manipulating others, always wash the hands, and if you are so negative and impressible as to take on bad conditions, walk briskly awhile out of doors, and put lemon-juice or peppermint essence on the hands, or sip a little.

c. Work with a pure and loving spirit for the up-building of the suffering, or quit the business. It is too sacred a calling for triflers. Having a noble purpose makes the avocation noble, and if former companions slight you, it should call out your compassion more than your hatred. Jesus and Socrates, and Columbus and Galileo, and Harvey and thousands of others were considered crazy because they rose so high above the world around them, and if you cannot rise above the present ignorant condition of society sufficiently to make them sometimes sneer at you, there must be some dereliction on your own part. And yet be courteous to all, tender of their opinions, returning their *blows* by your magnetic *strokes* and *cures*, and avoiding that thorny severe style that reformers are sometimes justly accused of. Men naturally love truth, if they can be got out of the psychological spell of old opinions, and great shall be your joy as you see them coming more and more to your standard. The cause is

already advancing in a geometrical progression, and even if you suffer awhile longer, bear it heroically.

d. Penetrating psychaura is the great power in healing, and yet brisk rubbing, kneading, spatting, etc., has some decided advantages in a dormant system. The French *Massage* movement, which consists in wringing the flesh of the limbs something like a dishcloth, and *passing* in a diagonal direction along the course of the muscles, has a very animating effect.

e. A thorough psychomist will rouse a dormant or chronic condition of the system into a more acute condition, and bring up old symptoms and troubles for a brief time, in order to pass them away altogether. The patient must understand this, and see the necessity of it. In acute diseases immediate relief is generally given. 'The soothing process is more agreeable, but less efficacious,' says the author of 'Vital Magnetic Cure.'

f. The patient should co-operate thoroughly with the magnetist by eating and living properly, sleeping sufficiently, and having no bedfellow whose magnetism is antagonistic, or who will absorb his own magnetism.

g. It is better not to have two magnetists at a time, unless their forces have been harmonised by contact, or by being naturally alike. Home friends, however, if harmonious, can, in many cases, treat the patient somewhat between times, if they choose.

h. In all severe cases it is better to treat the patient alone, or at least with only the most familiar friends about, as sickness is sometimes brought about by the presence of an additional person of decided magnetism.

i. Turn the attention of the patient *from* his disease, not *to* it. Keep his mind cheerful and hopeful, if possible; avoid telling him of any

terrible symptoms, unless necessary to bring him to effective action, and encourage the employment of healthy, calm, and cheerful nurses, whose magnetism is congenial.

j. Do not use the will-power too strongly, for if continued long it will be apt to prove exhausting. Some cases are best healed by remaining passive.

k. For the good of the patient and yourself, and the cause, cease to treat those whom you cannot benefit. All persons are not adapted to all cases.

l. After treatment the patient will generally feel soothed and sleepy. A nap, or quietude, is excellent for a while, when practicable, so that the magnetism may work through the system.

m. Avoid the smallness of being jealous of rival magnetists. Be proud of each one's success. You are all in the same ship, and the ship is a grand one.

n. The spleen and sexual organs play an important part in developing nervaura. Protect them by right habits.

o. When any physician is sufficiently progressive and appreciative of your services to invite you to treat any of his patients, work in harmony with him. Criticise none of his acts before the patient, and if you have any suggestions to make to the physician, see him privately. As long as you work with him do not violate his general directions. The *golden rule* should not be forgotten.

p. One of the greatest feats of the psychomist is to eradicate drugs and mineral poisons from the system. It is often much more difficult than to cure the disease itself. In fact, they are the cause of a vast number of diseases.

q. It is sometimes an excellent plan, not only for the magnetist to fasten his own *mind and eyes* upon a certain part of a patient on which he wishes to

concentrate power, but to get the patient's mind directed to the same point.

r. Neither operator nor patient should usually talk much during treatment, especially when great power is needed.

s. *Tobacco, liquors, and opium* should be abolished during treatment, if at no other time. Such fierce, crude stimuli greatly interfere with the refined psychomimetic elements.

t. *The patient stimulates the excitement of any part of the system by touching that part, or by thinking of it very much.* A toothache, or any other pain, will become more intense unless the thoughts can be diverted from it, for the mind can direct new magnetism to points where there is already a surplus of it. Some can will their forces to the front brain, so as to cause a headache, and then will them away again.

u. 'I have made it a general rule,' says the Rev. W. F. Evans, in *Mental Medicine*, 'to require the patient to suspend all other remedies, except those of a hygienic nature, knowing it is sometimes more difficult to neutralise the effect of drugs than to cure the diseases for which they are administered. Those of a poisonous nature operate to cure disease by creating another morbid condition inconsistent with the first. Hence the word Allopathy, which is composed of two Greek terms signifying another disease, has been used to designate this system. This, at best, is only exchanging one evil for another, or rather, it is casting out demons by Beelzebub, rather than by the finger of God.'

v. Says Rev. Mr. Evans: 'It is always well to place the two hands on the opposite sides. If one is laid upon the epigastrium, the other should be held upon the spine back of it. If one hand is placed upon the right side of the brain, the other

must be placed upon the left side.' This, in very many cases, is a correct principle, yet it is subject to many modifications. It is not '*always* well to place the two hands on opposite sides.' It is often very desirable to place the positive hand on a positive portion, and the negative on a negative part, as a *quieting* process, or, vice versa, as a *rousing* or *strengthening* process; but to place the right hand on the epigastrium, and the left hand on the back, when there is an inflammatory condition of the spine, would increase the trouble, and to place the right hand on the right ear, and the left over an inflamed left ear, would make a patient almost go wild. There are cases of violent inflammation, especially of the brain and some other vital points, where it will not answer to place the hands on each side, as there is already too much action, but the plan must be to make outward passes a little distance off, moving especially towards negative points. The psychomist must be constantly using his reason to adapt all treatment to the conditions of the patient, and must cultivate his impressional and intuitive nature, so as to get into rapport with the patient's real condition.

w. *The small of the back* is an important point for manipulations, sometimes in circular, but especially in horizontal movements. If the kidneys are hot and inflamed, rub each side of them, not over them. 'Nearly three hundred muscles,' says W. F. Evans, 'are directly or indirectly connected with the motions of which the small of the back is the pivotal centre. Persons who are strong, and whose muscular system is vigorous and well balanced, never complain of weakness here, while invalids will almost always be found to suffer from pain and weakness in this part of the body. The magnetism of the hand applied here is the efficient remedy in

nature, especially when accompanied by the kneading and upward pressure of the abdomen. A large portion of chronic diseases are immediately relieved and ultimately cured by this simple treatment.'

x. Build up nature. Give the natural powers strength of their own, do not depend so much upon trusses, bands, purgatives, and artificial means. The beauty of magnetism is, that the patient can make it a part of his own life-power, which will remain with him more and more as he becomes positive enough to hold it.

y. When you cure a patient, show him how to remain well, otherwise you will injure the cause and yourself, and fail to bless him as you might. Put him on the track of this, or some other book, which explains sanative science.

z. Let me wind up this alphabet of points by urging you to remain ever impressible and receptive of the high and pure influences from above, without which, human power is useless. 'Every good and every perfect thing cometh from above.'

Jesus says, 'The works that I do, shall ye do also, and greater works than these shall ye do, because I go to my Father.' Seek the Christ spirit, then, if you would imitate His deeds.

CHAPTER VI.

MAGNETISM AS A CURATIVE AGENT.

Imponderable forces.—Man's normal condition.—Deficiency of vital magnetism, and its consequences.—Opinion of Baron Du Potet, Dr. Garratt, Dr. Priestley and S. M. Wells.—Effect of damp upon chronic diseases.—Newnham.—Mrs. Hardinge-Britten.—All bodies surrounded by an aura.—Dr. T. L. Nichols.—Evidence of clairvoyants.—Disease another name for organic discord.—Man's error the true cause of his sufferings.—Vital magnetism the curative principle.—Professor S. B. Brittan and Mr. Carter.—Dr. Ashburner.—Mrs. Sewall.—Dr. **Babbitt** and the lady magnetist.—Professor Orfia.—Light.—Dr. Forbes Winslow.—Color.—Dr. Pontyn and Father Secchi.—Dr. **Babbitt** on Color-therapeutics and vital magnetism.—Hahnemann on magnetism.—Magnetism employed by the ancients.—Mr. T. Shorter.—Dr. Golding Bird.—The author's province as a healer.—How his healing power is used.—Power strongest on fine bright days.—A caution to healers.—Baron Du Potet.—Patients must have confidence.—Chronic cases need prolonged treatment.—Cases by Dr. Foissac, M. de Boissière, Count Puységur, Mesmer and A. P. Webber.

'Truth can never be divested of its rights, and confusion is always the lot of those who, from a dishonest motive, refuse to recognise it. A truth remains a truth, and sooner or later its light pierces the clouds of error, ignorance, and of envy. If the science of animal magnetism was only a system, I should feel my inability to advocate its general adoption. . . . But magnetism is a means which lies within the reach of men of the meanest capacity; all have the power of making use of it; for this sole reason—that they are men.'—**PUYSEGUR.**

'Magnetism, the life principle, may be imparted from one to another, and is the only power to heal the sick.'—**DR. NEWTON.**

IN the great world around us there is a constant change in the position and condition of the atoms which compose the substances that are distinguishable by the human eye. The vital forces impel atoms to a more complex union among themselves, thereby

developing new manifestations of powers. This is true of atoms composing inorganic matter, which are thus made to continually outwork higher forms and properties, and these higher states eventuate finally in productive functions and organic bodies. As the movements, or modes of motion, are the causes of all changes in matter, it follows that it is with imponderable forces that we have really to deal, rather than the transient and often gross results produced by them. The source of motion is found in the magnetic and electric conditions of the atoms composing the earth and its surrounding atmosphere. Thus man, as an organic structure, is composed of countless numbers of polarised atoms, that, while they make him a centre of energy, do not remove him from the influence of external forces, which affect him at various points. As he advances in knowledge, he is able to adapt himself to these forces, and, by so doing, to apply them to his advantage and benefit. And seeing that he is governed by the fluctuations of these magnetic and electric conditions, it is absolutely necessary he should study their nature and modes of action as regards the effects they produce upon him, so as to enable him to utilise their operations to his own good.

The normal and natural condition of the human frame is one of health. This perfection of life is reflected in a well-balanced body, intellectual energy, and full moral power—immunity from pain, ease of mind, and perfect harmony among the imponderable forces that circulate through the body and maintain the required polarity betwixt its atoms. When there

is a deficiency of vital magnetism—or, as it is termed, 'vital force,' or 'life principle'—in the body, or if the magnetism of the body is poor in quality, or when, as it often happens, the earth attracts and absorbs the magnetic particles, leaving the atmosphere deficient in its life-sustaining powers, people suffer, and disease is engendered, and only those who are in a state of harmonious balance, or are positive in temperament, feel well and strong. It is a well-known fact that many invalids perceive atmospheric changes, which are identical with altered electric conditions.* The investigations of Baron Du Potet inclined him to this view. He says :

'I have observed that close, foggy weather, which predisposes you to sleep and inaction, diminishes the magnetic force.†

This is no new doctrine, but one which has long been borne testimony to by specialists. Dr. Garratt says :

'The human organism is decidedly affected by atmospheric electricity, from the slightest changes in the electric state of the air, as well as by bolts of lightning.'‡

Dr. Priestley, is of opinion that :

'Persons insulated by a very bad conductor, such as a floor of cold asphalt, and by *clean, dry flannel*, or

* Rutter, in his 'Human Electricity,' observes that 'A humid atmosphere, that which is so well known in this country (England), because the moisture can be seen as well as felt, is usually the forerunner of colds, coughs, and rheumatism,' p. 174.

† 'The Student's Manual of Magnetism,' translated from the French 'Human Nature,' vol. xii., p. 34. London : J. Burns.

‡ 'Electropathic Guide,' by S. M. Wells, New York, p. 31.

insulators, cannot readily communicate electricity to the earth, nor receive electricity from it, *if the air of the apartment be dry* where they sleep, and free from filth and moisture.*

Says S. M. Wells, Medical Electrician :

'We would also advise sleeping with the head towards the north, and the feet towards the south, in order that the strong currents of electricity, which are constantly flowing from the poles towards the equator, may pass in the same direction as those in the body, which flow from the brain downwards and outwards, as the action of these strong opposite currents has a tendency to break up the equilibrium of the natural currents in the body, thus producing wakefulness, restlessness, and even great nervous derangement in persons of delicate, sensitive organizations, and in those where the system is already diseased.†

When the earth's attractive power is strongest, it absorbs magnetic force from every available source, even to the detriment of human health, and perhaps even, in some cases, to human existence. The dampness of the atmosphere being a natural conductor, it affects most perceptibly those who suffer from chronic diseases. The transmission of messages over the electric wire is also affected by the same condition. The atmosphere, by having so much of its electrical properties withdrawn, becomes so depleted that a vacuum is formed, which reverses the conditions and causes it to reabsorb the vital elements, and thus again becomes charged with life and health-sustaining powers. Thus earth and atmosphere in turn take from, and return to

* 'Electropathic Guide,' by S. M. Wells, New York, p. 36.

† *Ibid.* p. 30.

each other, according to their needs and requirements. Hence the changes of weather and violent eruptions, storm-clouds, and other powerful phenomena of nature, until harmony is established; then peace is re-established and repose reigns supreme.

Here is the necessity for the magnetic healer. His sphere of action is this: to supply deficiencies in the vital magnetism of individuals, to improve the 'tone' of the system, and to equalise the play of vital forces. The healer, being a magnetic centre, his body generating largely this 'vital magnetism,' he is capable of imparting it with beneficial effects to those who are suffering from loss of vital power or imperfect conditions, which prevent the due evolution of vital magnetism from their organisms. As Newnham says:

'The power of communicating this exuberant life has been denied and derided by many, as if there were *really* anything extraordinary in it. It has been admitted even by antagonists, that actual *contact* is not necessary for the communication of disease, provided the healthy individual be susceptible, and be placed within a certain sphere of approximation so as to receive the emanations from the *sick*; and why should not the same case be applicable to the emanations given off by the healthy, with the full purpose and intention of succouring the diseased.'*

Emma Hardinge Britten says:

'It should be remembered that the human body is itself vitalised by a force which, if not actually electricity, is sufficiently analogous in character to justify our regarding man as a grand magnet, with

* 'Human Magnetism,' page 105.

numerous vital and nerve centres, points of polarity and circuits of motion, acting and reacting on the mysterious processes of life, much on the principle of machinery propelled by electricity. Disease itself is merely a disturbance of those imponderable forces by which the integrity of the human system is maintained, and consists either of an excess or deficiency of vital action, manifested in the form of inflammation or torpidity, and it is on this basis we draw the inference that the best restorative for disease is an application of the very forces whose analogies have been disturbed. Meantime, regarding the human frame as an assemblage of magnetic and electric centres, in which energy is generated and distributed throughout the entire system on the principle of a battery, the brain must be the grand central or positive pole, the spinal cord and extending nerve fibres the conducting wires, and extremities the negative polar points. The ganglionic system of nerves fulfil the same office for viscera within the organism, that the cerebro-spinal system performs without. Besides the grand positive polar centres resident within the brain, there are two equally important positive vital centres in the lungs and heart; thus we may say, in brief, we regard the brain, lungs, and heart as the chief positive centres of vital force in the body.'

All bodies are surrounded by an aura, as the earth is surrounded by its atmosphere, the rose by its sweet perfume, the decomposing body by its unpleasant odour, the human body by its psychic emanations. Dr. T. L. Nichols, in his 'Esoteric Anthropology' says :

'There appears to be an element which some have imagined to be electricity, or an analogous substance or force, which connects what we call spirit with

what we call matter. There appears to be a nervous aura pervading and surrounding the body, passing off by voluntary action in what is called magnetising or mesmerising, in the fascination of serpents, and not less in men and women who have the power of charming ; and which may be the medium of supersensual powers which we call psychometric, intuitive, gifts of second sight, prophecy, and gifts of healing."*

That this aura does exist, has been demonstrated by persons gifted with 'second sight' and clairvoyants in numbers of cases. And that disease is due to an excess of the vital magnetic particles, or the lack of them, is established by the fact that where inflammation exists, the clairvoyant sees this aura congregated in a dark active mass ; while when the patient suffers from nervous debility, the aura is always deficient in quantity, lacking in quality, and frequently of an unnatural hue.

The word 'disease' is but another term for discord in the operations of forces or functions belonging to the organism affected. The circumstances arise from a variety of causes. Some are preventable, others controllable, while some are easily removable. Man is the author of many of his circumstances. Being, in the past, ignorant and uninformed as to the nature of the laws by which he is governed, he has erred, and consequently entailed upon himself and successors the evil consequences of his ignorant, and at times wilful, opposition to the laws of his being. Error, resulting from ignorance, is the prolific parent of most of the inharmonies and unequal conditions now existing.

* 'Esoteric Anthropology.'—Malvern (1873), p. 72.

But the circumstances and conditions acting upon man, constituting his environment, have helped to mould the course of his life, and these are for the most part uncontrollable, at least with our present knowledge. Hence it is absolutely needed that something be done to alleviate the sufferings of humanity, and make mankind acquainted with their powers and their duties.

'Vital magnetism,' which is but a name given to one of the more subtle conditions of what is termed electricity, being, as we have seen, the motive-power or force by which the intelligence or spirit acts upon the organism for the expression of its will and the carrying out of its purposes, is the power with which I claim to be endowed.

In his work upon the 'Principles of Light and Color,' Dr. **Babbitt** expresses the opinion that this power is exercised by 'many human beings, some of whom can rival the galvanic battery in immediate effect, and far outdo it in the fineness and durability of their power.' He goes on to say :

'This power of psycho-electricity,' as he calls it, 'was well tested by Professor S. B. Brittan, in Saratoga, before an audience of several hundred persons, some years since. A Mr. Carter, who, from his knowledge of electrical science, had been employed by the Government, denied that there was such a thing as vital electricity, and stated that he could knock a man down with his electrical apparatus; and when Professor Brittan "would do the same with his mental electric battery, he would believe that electricity had something to do with the phenomena in question." Two worthy young men, strangers to Dr. Brittan, were

chosen by the audience, and sent upon the platform. After manipulating them a little, he directed them to stand firmly twelve or fifteen feet distant from him. He then made a powerful effort of the will and forward thrust of his hands towards them, which struck them to the floor as though they had been shot. Mr. Carter immediately left the audience without saying a word, which was a confession of defeat.*

Dr. John Ashburner, in his 'Notes and Studies on Animal Magnetism,' maintains that 'man is a magnet,' and that

'He has, like all other magnets, poles and equators. But, being a magnetic machine of very complex structure, his magnetic apparatus is divided into many parts. The brain is the chief magnet, and the trunk and extremities are separate magnets, having intimate relations with the chief source of magnetism.'†

In a communication read before the Royal Society on June 13th, 1745, by the Rev. Henry Miles, D.D., F.R.S., entitled 'Observations of Luminous Emanations from the Human Body,' etc., is given the following curious letter, addressed to the Honourable Mr. Boyle. The lady, of whom the incident is related, was daughter of Lord Baltimore:

'Maryland, Anno 1683.

'There happened, about the month of November, to one Mrs. Susanna Sewall, wife of Major Nie. Sewall, of the Province aforesaid, a strange flashing of sparks (seemed to be of fire) in all the wearing apparel she put on, and so continued till *Candlemas*. And in the company of several, viz., Captain John Harris, Mr.

* New York: Babbitt and Co., 141, Eighth St. (1878), p. 522.
† London: H. Baillière (1867), p. 88.

Edward Braines, Captain Edward Poulson, etc., the said Susanna did send several of her wearing apparel, and, when they were shaken, it would fly out in sparks, and make a noise like unto bay-leaves when flung into the fire. . . . They caused Mrs. Susanna Sewall one day to put on her sister Diggles's petticoat, which they had tried beforehand, and would not sparkle; but at night, when Madam Sewall put it off, it would sparkle as the rest of her garments did.

‘WM. DIGGES.’*

Dr. Babbitt, in his reply to Dr. Brown-Séquard, refers to a remarkable instance of vital magnetic power. He says:

‘I know a lady magnetist who can impart the hot or cold element, can draw three kinds of blisters, and can send electric shocks of great power through a person by her hand. A strong man fainted at her touch, and I was nearly thrown out of my chair when her hand touched my spine.’†

My readers who may be inclined to dispute these facts should bear in mind the following admission of Professor Orfila, Dean of the Parisian Faculty of Medicine:

‘If the magnetic phenomena appear extraordinary, the phenomena of electricity appeared equally marvellous at its origin. Whether magnetism be good or evil, it is clearly a therapeutic agent, and it behoves both the honour and the dignity of the Academic to examine it.’‡

To those who have been in the habit of relying

* ‘Philosophical Transactions,’ vol. xlili., 1744—5. p. 441.

† ‘Vital Magnetism,’ New York, p. 24.

‡ ‘Animal Magnetism,’ by Edward Lee, London: Churchill (1843), p. 51.

upon the medicines, mixtures or pills, supplied to them by their surgeon or apothecary, and who regard quantity as an important factor in their cure, the very existence of the more ethereal and refined agent of vital magnetism may be doubted. To such persons the palpable alone is the real. They would be inclined to ridicule the notion that cures may be effected either by magnetism or by the agency of light. Dr. Forbes Winslow has, however, demonstrated the important influence of light in health and disease. He says :

‘A very remarkable instance of recovery from disease has been related by the late Baron Dupuytren, the eminent French surgeon. A lady, residing in Paris, had suffered for many years from an enormous complication of diseases, which had baffled the skill of all her medical advisers, and her state appeared almost hopeless. As a last resource, the opinion of Dupuytren was requested upon her case, and he, unable to offer any direct medical treatment essentially differing from all that had been previously tried in vain, suggested that she should be taken out of the dark room in which she lived, and away from the dismal street, to a brighter part of the city, and that she should expose herself as much as possible to the daylight. The result was quickly manifest in her rapid improvement, and this continued until her recovery was complete. An equally singular instance has been related by Southey, in the case of his own parent.*

The following is also interesting, and instructive in this connection, as it illustrates the effects of different colored rays of light upon the human system :

* ‘Influence of Light,’ p. 171.

'Dr. Pontya, Director of the Lunatic Asylum at Allesandria, Piedmont, having conceived the idea that the solar rays might have some curative power in disease of the brain, communicated his views to Father Secchi, of Rome, who replied in the following terms: "The idea of studying the disturbed state of lunatics in connection with magnetic perturbations, and with the colors of the sun's light, especially the violet hues, is of remarkable importance, and, I consider, well worth cultivating. Such light is obtained through filtering the solar rays through glass of that color. . . . Violet has something melancholy and depressive about it, which physiologically causes low spirits, hence, no doubt poets have draped melancholy in violet garments. Perhaps violet light may calm the excitement of unfortunate maniacs." He then advised Dr. Pontya to perform his experiments in rooms, the walls of which are painted the same color as the glass used in the windows. The windows, it is recommended, should be as numerous as possible, thus at the same time favouring the action of solar light, and rendering possible its admission at any hour of the day. The patients should pass the night in rooms facing the east and south, and painted and glazed in one color. Dr. Pontya, following the instruction of the learned Jesuit, prepared several rooms in the manner described, and kept several patients in them under close observation. One, affected with morbid taciturnity, became gay and affable after a stay of three hours in a red chamber; another, a maniac, who refused all food, asked for breakfast after staying twenty-four hours in the same red chamber. A highly excited madman was kept one day in a blue chamber, after which he appeared much calmer. The action of blue light is very intense on the optic nerve, and seems to cause a sort of oppression. A patient was made to pass the night in a violet-colored chamber, and on the

following day he begged Dr. Pontya to send him home, as he felt himself cured, as indeed was the case, and he has been well ever since. Dr. Pontya's conclusions from his experiments are these. "The violet rays are, of all others, those that possess the most electro-chemical power; the red light is very rich in calorific rays; blue light, on the contrary, is quite devoid of rich rays, as well as deficient in chemical and electrical ones. Its beneficiary influence is hard to explain, as it is absolute negation of all excitement. It succeeds admirably in calming the furious excitement of maniacs."

There can be no doubt of the important influence of both light and color upon health and disease. This somewhat abstruse topic has been exhaustively investigated and dealt with by Dr. **Babbitt**, of New York, who may be said to have systematised and elevated it into a science. Writing in the *Banner of Light* (Boston, Mass., U.S.), of May 10th, 1879, Dr. **Babbitt** says :

"The remarkable healing power of the different colors of sunlight and the new system of Chromopathy, or color-healing, have been demonstrated so abundantly in my "Principles of Light and Color," that I will merely give a few hints and examples of the same in this article.

"I have shown there that every color has its own especial style of chemical and therapeutical power—have given many facts to prove what Professor Crookes has just demonstrated before the Royal Society in another way, that the sun's rays are composed of actual substances with their exquisite and wonderful chemical powers, and, aided by spectrum analysis, I have been able to give the leading elements that com-

pose each color. The next thing which I ascertained was that each color has its own distinct style of power to heal, and this power is for ever the same in general character, whether manifested in the sunlight, or in drugs and chemical combinations, the only difference being that the colors composing sunlight, being more refined, are more safe, penetrating, and enduring, than drugs which possess the same colors. I will present a very few out of thousands of the rich and marvellous facts pertaining to this world of fine forces, in order, if possible, to awaken in the reader a thirst for further investigations of the same, but shall not have room here for the full demonstration, either theoretical or practical, of my statements.

' The red, orange, yellow, and yellow-green are what may be called *thermal* or warm colors, and are directly animating or exciting in their nature, the red being exciting to the blood, the yellow, combined with some red, being animating to the nerves, etc.

' Secondly, the blue-green, blue, indigo, and violet are the cool or electrical colors, the blue being especially cooling and soothing to over-heated blood, the blue and violet to excited nerves, etc. I have shown by numerous facts that these colors constitute a refined grade of electricity more subtle and calming to the system than the electricity of the battery, because finer. Sir H. Englefield showed that the ultra red ray of the spectrum produced eighteen times as much heat in two and a half minutes as the blue ray did in three minutes. General Pleasonton and others, then, should understand that the blue principle in all things is essentially cool, and engenders heat only by chemical affinity with the thermal rays which it stimulates, just as a cold, contracting element, like galvanic electricity, can awaken the greatest heat known to man by enkindling opposite laws of force.

' I have learned that blue forms a chemical affinity

with red, violet with yellow, indigo with orange, etc. ; or, to make a more general statement, the electrical colors affinitise and harmonise with the thermal colors. Health comes from the equilibrium of colors and forces in the human system, and whenever any one style of color is so much in excess as to produce disease, harmony must be brought about by finding the color which is its chemical affinity. Thus if a person abounds in redness—as in red hair, and flushed and rubicund skin, which tends towards inflammatory or overheated conditions—he needs the blue elements as balancing principles, such as blue light, or blue elements in other things. Whenever the blue prevails too much, so as to give blue veins, blue finger nails, and a pale, cold condition, the warm red and orange-light is needed to animate the arterial blood, and kindle greater heat and freedom of circulation. When a person has too great a nervous activity, the yellow, together with some red elements of his system, are too active, and he needs the violet and blue elements of sunlight to harmonise his forces and act as delightful nervines. To animate the nerves and offset too much of the cold colors which tend to dormant and chronic conditions, the yellow, or rather the yellow-orange, is necessary, as some red elements must be combined with the yellow. All this is not mere theory, but is abundantly proved by practice.'

In the same article, Dr. **Babbitt** thus speaks of vital magnetism as a curative agent :

‘ The most powerful of all methods of cure, when it can be adopted, is doubtless the psycho-magnetic, in which the fine spiritual and vital forces are communicated by the touch, or sometimes without the touch, of a human being who is highly charged with these psychic potencies. No other one method can equal it, for, communicated, as it generally is, in connection

with manipulation and movement, and being a pure grade of direct life-power itself, it *charges up* the patient with a new stock of life and animates his whole being, physical and mental, until it is common for people to call its effects miraculous. But a good magnetist is not always available, and, even if one is to be found, he must be paid, for if a human being is willing to impart his life-energies to another he is worthy of good compensation.'

Hahnemann, the founder of homœopathy, in his great work, "The Organon,"* first published in 1810, speaks of magnetism as follows :—

"I find it necessary to say a few words on the subject of animal magnetism, the nature of which differs so greatly from that of all other remedies. This curative power, of whose efficacy none but madmen can entertain a doubt, which, through the powerful will of a well-intentioned individual, influences the body of the patient by the touch, acts homœopathically by exciting symptoms analogous to those of the malady—and this object is attained by a single transit, the determination being moderately fixed, and gliding the hands slowly over the body from the crown of the head to the soles of the feet.† In this form it is applicable to internal hemorrhages in their last stage, when they threaten death. It acts likewise by imparting a uniform degree of vital power to the organism when there is an excess of it at one point and a deficiency at another—such, for example, as where there is a determination of blood to the head, or when a patient, in a state of debility, is subject to insom-

* 'The Homœopathic Medical Doctrine, or "Organon of the Healing Art;" a new system of physic, translated from the German of S. Hahnemann, by C. H. Devrient, Esq., with notes by S. Stratton, M.D., Dublin : W. J. Wakeman (1833), pp. 303—7.

† 'The smallest dose, that which is homœopathic.'

Dr. Babbitt, in his 'Principle of Light and Color,'* gives the following description of the psychic colours, which corroborates the preceding statements, written out by Mrs. Minnie Merton for his 'Health Guide':

'In the base of the brain the colors are a dark red, and in persons of a very low nature, almost black; while in the upper brain the colors assume a yellowish tint, and are far more brilliant. In a high nature the colors over the moral and spiritual powers are almost dazzling, with the yellow tint nearly merged into white, and far more exquisite than sunlight. In the higher front brain, in the reasoning intellect, blue is the predominant color, and is lighter as it approaches the top brain, and darker blue as it comes down to the perpectives (over the brow), and a little touch of violet in its outer edges. Benevolence emits a soft light green of indescribable beauty. Over firmness the color is scarlet, and over self-esteem purple. As you move down the sides of the head, from the moral powers towards the lower loves, it becomes orange, then red, then dark (at the bottom). Very low natures sometimes emit such a dark cloud from the base of the brain, that it seems as though I could scarcely see them. When a person laughs or sends forth happy thoughts, it causes a dancing play of bright colors; but when in violent passion, a snapping and sparkling red is emitted.'

Dr. Babbitt adds that:

'An eminent clairvoyant informs me that this description is mainly in harmony with the colors as he has seen them; and it also coincides nearly with my (Dr. Babbitt's) perception of the same.'

But, while the existence of this healing aura or force

* Page 476.

may be conceded, and the possibility of its transmission by contact from the operator to his patient admitted, the fact of its conveyance to persons at a distance, through the medium of some inanimate body or substance, may be doubted. My own experience, which is supported by that of others, satisfies me that the healing aura, or psychic force, may be imparted to substances, such as oil and water, and fabrics, such as flannel, linen, and paper; and that by these means it may be transmitted to patients at a distance.

Baron du Potet is of opinion, as the result of his long-continued investigation and experience, that:

'In certain cases magnetised objects may be turned to good account; flannel, handkerchiefs, and even clothes may be thus utilised. *When the diseased part is covered with them, they keep up an easily perceptible tonic movement*, and swellings may in this way be reduced, which have resisted the actions of poultices and plasters, however skilfully they may have been applied.'*

Mr. Ashman, in his 'Psychopathic Healing,' says:

'The vital aura can be communicated to almost any object—water, oil, paper, flannel, etc.; and what is perhaps still more astonishing is that the object so prepared retains its magnetic properties for an indefinite period. As an instance in point, I may mention the case of a lady who sent from Dublin for a piece of magnetised paper, with directions how it should be used. On receiving the paper she desired an acquaintance to operate with it according to instructions. He, however, was incredulous, and would



The Kingpin of Fakers

Chris Turner

Source: Cabinet Magazine, Summer 2005;
<https://cabinetmagazine.org/issues/18/turner.php>

A+ A-





Colonel Dinshah P. Ghadiali in his New York Police Air Reserves uniform

Why is a tomato red and a cucumber green? Why does a raw green banana become yellow when ripe and not blue? Why does a brown cow eating green grass produce white milk, which when churned makes yellow butter?

—Dinshah Ghadiali

In an archive box at the National Library of Medicine in Washington D.C., crammed between a crushed can of ozonated olive oil (invented and marketed by Nikola Tesla) and folders on dubious vitamin supplements, are three files of evidence relating to the Food and Drug Administration's investigation into a device called the Spectro-Chrome. An FDA agent who dismantled this curious machine, which looks like a simple aluminum slide projector mounted on a stand, described it as follows: "Examination showed that the device consisted essentially of a cabinet equipped with a 1000 watt floodlight bulb and electric fan, a container of water for cooling purposes, two glass condenser lenses for concentrating the light, and a number of glass slides of different colors."

Colonel Dinshah P. Ghadiali, who invented the Spectro-Chrome in 1920, claimed to be able to cure almost everything with its twelve colors; after intensive treatment with "attuned color waves" a badly burnt infant now had satin-white silky skin, a blind girl's sight had been restored, and a paralyzed woman was able to walk again. "The Spectro-Chrome is not a lamp," Ghadiali asserted, "it is a system, a new, original and unique science." By 1946, he had sold nearly 11,000 devices, the most expensive of which cost \$750, earning himself over one million dollars. "Many up-to-date homes are already equipped with a Spectro-Chrome just like the Electric Light, Telephone and Radio," Ghadiali wrote, adding hopefully, "soon there will be a SPECTRO-CHROME IN EVERY HOME."

The use of colored light in the treatment of illness and disease became fashionable in America in the late nineteenth century. While seeking a way to grow bigger grapes in his greenhouse in Philadelphia (the city where Ghadiali first established his Spectro-Chrome Institute), the retired general Augustus Pleasonton discovered that alternating panes of clear and blue glass was also the secret to restoring health. He published the results of these experiments in *The Influence of the Blue Ray of the Sunlight* (1876). Seth Pancoast extended this thinking in his *Blue and Red Light: or, Light and its Rays as Medicine* (1877), in which he cautioned against "light quacks" even as he claimed to have cured Master F., an eight-year-old paraplegic, after only a week under red glass, and Mrs. L., a 32-year-old widow suffering from severe sciatica, after only three sittings in a bath of blue light.



Fashionable lady bathing in red and blue light. From Seth Pancoast. *Blue and Red Light: or, Light and its Rays as Medicine* (1877)

The following year Edwin Babbitt, an American teacher and mesmerist, outlined his own, increasingly complex color theory in *The Principles of Light and Color* (1878). Babbitt believed that everyone radiated their own brightly colored energy and that sickness was visible to psychics as an upset in the natural harmony of this color field. He invented a device to restore equilibrium that he called the Chromolume, a stained-glass window composed of sixteen colors which sold for \$10. A less bulky \$5 Chromo-Disk was marketed for easier "irradiations," as well as a Chromo-Lens for charging drinking water with medicinal color. *Scientific American* dubbed the color healing craze the "blue glass mania" and offered the following prescription: "blue glass one part; faith, ten parts; mix thoroughly and stir well until all common sense evaporates, as the presence of a minute quantity will spoil the mixture."

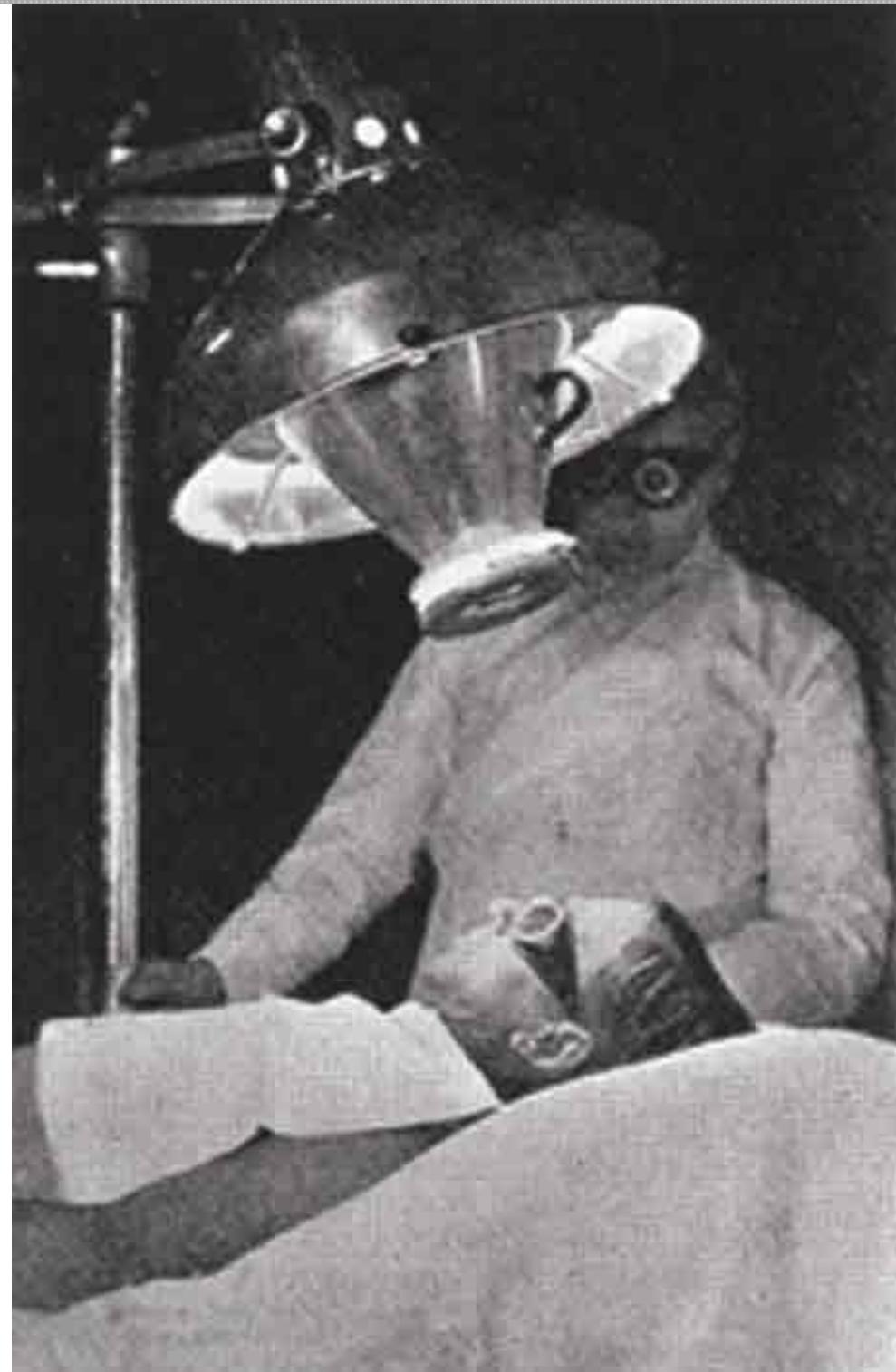
The mania for chromo-therapy spread to Europe, where Charles Féré, a psychiatrist working under Charcot at the Salpêtrière Hospital in Paris, tinted the windows of hysterics' cells with violet glass to create calming and curative effects (Féré thought of colored light as different waves or vibrations of radiant energy which could be sensed not just by the eyes, but all over the skin in a form of cutaneous vision). The fashion reached as far as India where Ghadiali, then working as the stage manager of a Bombay theater, read Babbitt's treatise. He had his first opportunity to apply Babbitt's principles of color therapy when a friend's niece was dying of mucous colitis, which no ordinary medication seemed able to cure. He made a DIY Chromolume out of an empty purple pickle bottle and a powerful kerosene lamp borrowed from the Highway

Department; he irradiated milk in a blue glass container which he also had her drink (the Spectro-Chrome stored five vials behind the bulb center in which water could be charged for this purpose). Within three days she was apparently totally cured and Ghadiali devoted the rest of his life to practicing what you might call medical showmanship.

Ghadiali emigrated to America in 1911 and set himself up as an inventor in New Jersey (near his hero Thomas Edison), where he began to elaborate on Babbitt's theories, mixing them with Parsee philosophy, and updating the Chromolume to the era of electric light. Four years after he arrived, the *New York Times* reported that he had filed a patent for the Dinshah Photokinephone, which he claimed was the first film projector able to coordinate sound with flickering images without the use of a phonograph. The article claimed that he already had "several inventions to his name," such as the "Dinshah Automobile Engine Fault-Finder." The Spectro-Chrome, invented after a wartime stint as a pilot in the New York Police Air Reserves (where he rose to the rank of Colonel), promised to be even more miraculous. But how did it work?

In case Ghadiali's device appeared to be too simple, he invented a labyrinthine language of his own to explain its occult workings. The therapists Ghadiali trained at the Spectro-Chrome Institute had to spend 600 hours studying his convoluted three-volume instruction manual, *The Spectro-Chrome Metry Encyclopedia* (1933), as if clocking up the hours for a pilot's license. To summarize his theory: Ghadiali believed that the body was made up of oxygen, hydrogen, nitrogen, and carbon, which were colored blue, red, green, and yellow respectively. When the four colors are out of balance, people become sick, and the Spectro-Chrome promised to restore a natural harmony. Ghadiali published a chart which showed the twenty-two parts of the body that particular colors should be projected onto to cure different illnesses, and specified the exact time of day each hour-long sitting should take place in a series of complicated regional astrological tables.

"Tonations" had to take place in a darkened room while the patient was naked, with eyes open and head facing north, so the body would be aligned with the earth's magnetic fields. "Disorders with Growths or Tumours," read a typical prescription, "developing slowly within the body, may be irradiated with Lemon Systemic and Indigo Local on the Affected Area, with Magenta on 4 [left breast] or 18 [middle back] where so indicated... For Excessive Sex Craving, irradiate with Lemon Systemic alternated with Purple on Area 11 [genitals]."



Chromo-Therapy in action using a "Kromayer" light. From a 1938 manual.

Spectro-Chrome Metry was more a cult than a health cure; members of the "Scientific Order of Spectro-Chrome Metrists" were encouraged to wear a special purple skullcap as a symbol of their allegiance. Patients, who came for rest-cures at the Institute's "Chromarium," also had to adopt Ghadiali's many prejudices: he was against high-heeled shoes, silk stockings, caffeine, tobacco, alcohol, drugs, pills, potions, furs, and enemas. Ghadiali persuaded them to assume his own eccentric habits if they were to get well; he practiced

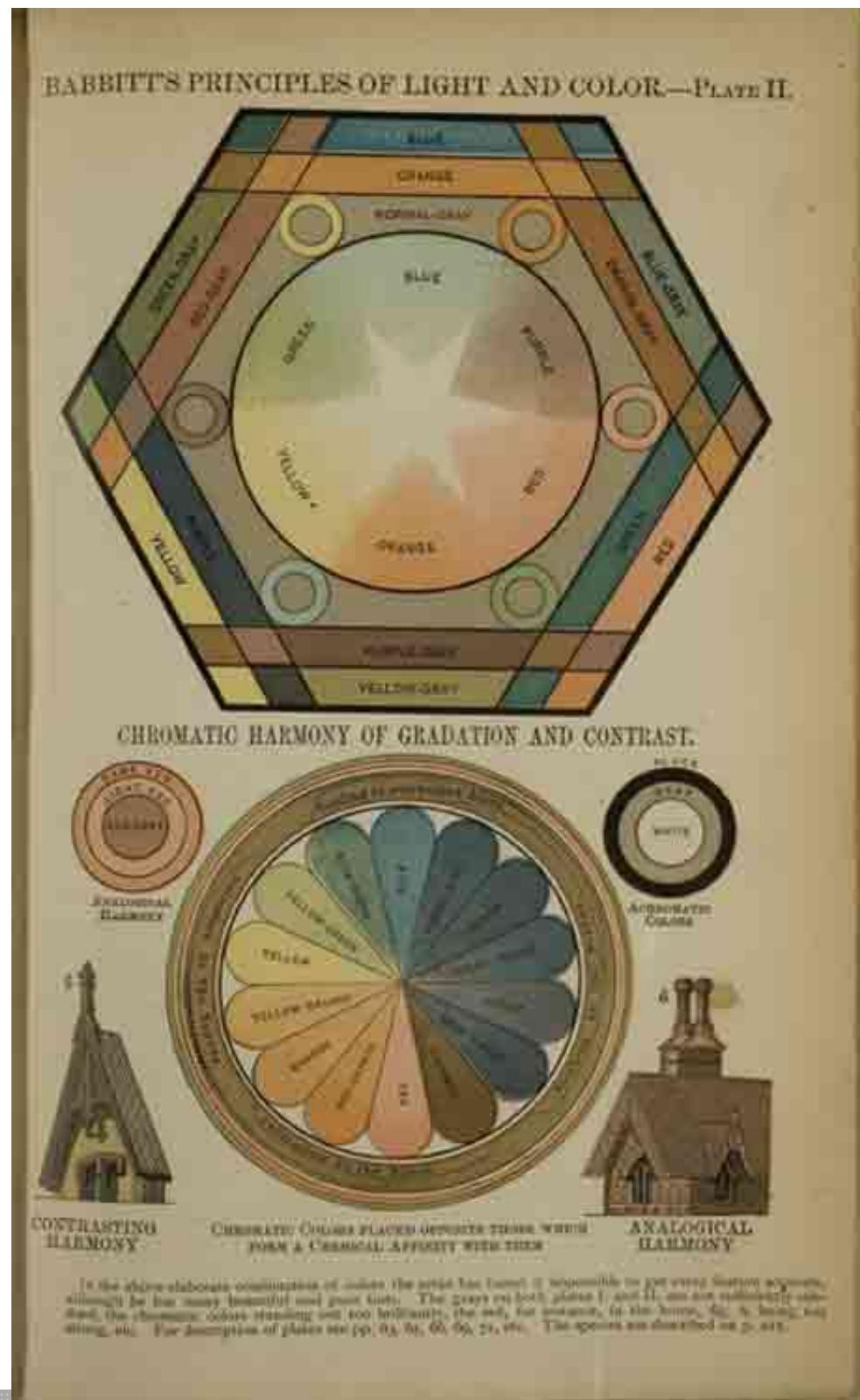
vegetarianism (and published his own cookbook of recipes), gargled with salt, bathed in coconut oil, cleaned his teeth after each meal (he sold a special toothpaste), and preferred squatting over a hole to using a lavatory. When people wrote to him seeking a cure to their ailments, they were returned a "Free Guidance Chart"—instructing them as to what colors to project where and when—which listed all these peculiar rules along with some personalized instructions. One man—who was, in fact, an FDA agent—wrote in to describe his sick son's symptoms, only to receive unsolicited advice for himself:

"THE SUFFERER MUST: CHANGE FOOD. SLEEP WITH HIS HEAD TO THE NORTH,
THIS CASE WILL NEED CAREFUL WATCHING
YOU STOP SMOKING FOR LIFE. CHANGE FOOD. SLEEP IN A SEPARATE BED
WITH HEAD TO NORTH. YOU NEED SPECTRO-CHROME SERVICE AS MUCH AS
YOUR SON, FOR YOUR OWN BENEFIT"

Ghadiali's slogan was, "No Diagnosis, No Drugs, No Surgery." "Stop Insulin at once," he advised diabetics, "and irradiate yourself with Yellow Systemic alternated with Magenta on Areas 4 or 18 and eat plenty of Raw or Brown Sugar and all the Starches!!!" These kinds of prescriptions were to make his run-in with the medical establishment inevitable. Ghadiali had never received any medical training, though he would often appear in full military regalia in the advertising material he used to promote the Spectro-Chrome as Colonel Dinshah P. Ghadiali (Honorary) M.D., M.E., D.C., Ph.D., LL.D., N.D., D.Opt., F.F.S., D.H.T., D.M.T., D.S.T. All of these qualifications, save the ones he awarded himself as President of the Spectro-Chrome Institute, were bought from diploma mills; his M.D., for example was bought for \$133.33 from Oskaloose College, a diploma mill in Iowa. He wanted to be a doctor and disguised his jealous hatred of them by claiming that it was in fact the medical profession who felt envious and threatened by his cure-all. He published a cartoon of the "Medical Octopus" straddling the "Ocean of Ignorance" and the "Bay of Bunk", each tentacle a different medical institution. "This fearful-looking monster is the dread of America," he wrote, "but, the TRUTH behind the Scientific Researches of DINSHAH makes it squirm in agony. It dares not A PUBLIC DEBATE, because, Dinshah WILL pound it into pulp."

In 1931, Ghadiali was arrested in Buffalo for second-degree grand larceny after someone who had bought a Spectro-Chrome complained to officials that it did not perform as promised. He persuaded three surgeons to testify in his defense. Dr. Kate Baldwin, Senior Surgeon at the Women's Hospital of Philadelphia, claimed that she had successfully treated glaucoma, tuberculosis, cancer, syphilis, gastric ulcers, and serious burns with Ghadiali's device. "I am perfectly honest in saying," she told the court, "that, after nearly thirty-seven years of active hospital and private practice in medicine and surgery, I can produce quicker and more accurate results with colors than with any or all other methods combined—and with less strain on the patient." As a result of such testimony, Ghadiali was acquitted (he'd already spent eighteen months in jail in

1925, accused of having sex with his secretary, who was underage, though he maintained he'd been framed by the Ku Klux Klan). The American Medical Association, feeling that the government's expert witnesses had been humiliated in the trial, began their own investigations. They concluded in 1935 that the Spectro-Chrome, which they described as "a cross between a stereopticon and an automobile heater," was worthless. Ghadiali's machine, they wrote, was reminiscent "of the marvelous gadgets illustrated by cartoonist [Rube] Goldberg," which achieve minimal results with maximum effort.



Edwin Babbitt's color system, showing the spectrum's different physiological effects. From Babbitt, *The Principles of Light and Color*(1878)

After the passage of the Food, Drug, and Cosmetic Act of 1938, which granted the FDA new powers in regulating therapeutic devices, the government once again began to assemble evidence against Ghadiali. The Spectro-Chrome was only one of the devices on the market for localized color therapy—by 1938 you could buy the Emesay, Kromayer, Alpine Sun, Helion, and Chromoclast lamps, all kitted out with localizing masks and color filters for chromo-therapy—but it was singled out for special investigation. FDA agents tracked down newspaper advertisements placed by people selling secondhand Spectro-Chromes, in order to try and identify dissatisfied customers. Agents posed as patients; doctors conducted independent trials. The post office provided the addresses of every Spectro-Chrome consignee, whom FDA agents then visited and interviewed (their names, collected in the McCarthy era, read something like a blacklist: Walter Chandler, Anna Cabaj, Dorothy Westphol, Stella Hitkowosk).

Finally, in October 1946, Ghadiali appeared in court charged with introducing a misbranded article into interstate commerce, a violation of the criminal code. "The use of colored lights would have no effect on health," the FDA concluded, "and when used as directed, or in any manner whatsoever, may delay appropriate treatment of serious diseases, resulting in serious or permanent injury or death to the user." Lawyers for the prosecution called seventy-six witnesses, including several of the experts in diabetes, heart disease, tuberculosis and cancer from whom they'd commissioned independent clinical trials and animal tests. They had found the Spectro-Chrome to be "of no value at all in any of their specialties." Any cures that had been made were attributed to auto-suggestion or to the diseases and fevers having run their natural course.

The government attacked five of the case histories in Ghadiali's *Encyclopedia* in particular, proving that his claims to have cured these patients were false—three had in fact died from their conditions. The burn victim Dr. Kate Baldwin claimed to have healed died a few months after leaving the hospital, her body one open sore. A blind girl who supposedly had had her sight restored by Spectro-Chrome Metry was still blind and always had been. The paralytic, treated from age three to seven with the machine and photographed in the book to prove she was able to walk after her color therapy, was pushed to the witness box in a wheel chair. She explained that she had been held upright until the camera was focused, wobbled for a fraction of a second while a picture was snapped, and was caught as she tumbled to the floor.

Ghadiali called 112 satisfied Spectro-Chrome users in his defense (fifty-seven of whom merely suffered from constipation) and the trial lasted two months as a result. Some of them had become quite dependent on their machines—one

woman claimed she patted and talked to hers. But Ghadiali's case effectively crumbled when a patient he claimed to have cured of epilepsy with "tonations of Orange Systemic," went into seizures on the stand, slumped to the floor, vomited, and swallowed his tongue. A real doctor rushed over to him and stopped him from choking to death by holding his tongue down with a pencil. "The jury was sent out and the court was recessed," read the FDA's notes on the trial, "Dinshah P. Ghadiali stood coldly by and neglected to offer Spectro-Chrome treatment." After seven and a half hours' deliberation, the jury returned to declare Ghadiali guilty. His dream of having a "SPECTRO-CHROME IN EVERY HOME" ended when he was given a three-year prison sentence and fined \$20,000; all his promotional literature was ordered to be burnt, and further production of Spectro-Chromes outlawed.

On his release in 1953, Ghadiali simply changed the name of his organization to the Visible Spectrum Research Institute; in 1958, the FDA obtained a permanent injunction through a federal judge and closed him down. He died in 1966, aged ninety-two. His son, Darius Ghadiali, is now seventy-seven and runs the latest incarnation of the Spectro-Chrome Institute, the Dinshah Health Society, still based in Malaga, New Jersey. He sells his father's books and pamphlets, but not his devices (the injunction still stands); however, he has published "Inexpensive Projector Plans" in his book *Let There Be Light* (1985), illustrating how to build a makeshift Spectro-Chrome out of cardboard, theatrical filters, and a reflector lamp: "Tonate with confidence," Darius Ghadiali writes, "using a 25 or 40 watt bulb" (after all, his father started out with a kerosene lamp and a pickle bottle).

During a recent telephone conversation, Darius Ghadiali described his father to me as "stoic, charismatic, short-tempered, autocratic," and told me that he was known as the "Kingpin of Fakers" because of the million dollars he made. "My father did tend to not necessarily quite stick to facts," he admitted, "he was a little bit flowery, which in the 1931 Buffalo case—the only major case he won—the judge called 'puffery,' but he also said that that in itself did not make fraud." The Institute made 500 Spectro-Chromes a year in its heyday, and Darius and his six brothers spent their childhood casting, assembling, and painting boxes. Though their father made a fortune selling Spectro-Chromes, he died \$14,000 in debt. "It was made and spent," Darius explained, "on development, lectures, advertising, building, lawyers; very little for personal use—we lived on shoe strings almost."

The Society now boasts three to four thousand members, many of whom meet in Malaga for an annual conference. Darius Ghadiali considers himself to be living proof of his father's theories: he has only taken antibiotics once in his life, and told me that his current regimen includes drinking water charged with Lemon Systemic. "The time for universal use of Spectro-Chrome has not yet arrived, but it will come eventually," he concluded optimistically. "It has to: Spectro-Chrome is just too useful. There is nothing more powerful than an idea whose time has come."

Artists
in Ohio,
1787–1900

A Biographical
Dictionary

Compiled & Edited by
Mary Sayre Haverstock,
Jeannette Mahoney Vance,
& Brian L. Meggitt

This comprehensive new three-volume guide to the early art and artists of Ohio is a compendium of hard-to-find information. The result of more than twelve years of research in community archives, newspapers, business directories, census returns, genealogical records, and manuscripts, *Artists in Ohio, 1787-1900* is the most ambitious and complete attempt ever made to document the state's artistic origins and growth.

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More than 13,000 entries are filled with factual details that will be indispensable to art scholars, genealogists, museum professionals, and historians, as well as to private and institutional collectors of American paintings, sculpture, prints, and photographs, and anyone with an interest in the local and regional history of the nineteenth-century Midwest. Each entry is documented, cross-referenced, and backed up by two bibliographies and an appendix devoted to organizations, schools, major expositions, and collaborative works.

More details

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By Mary Sayre Haverstock, Jeannette Mahoney Vance, Brian L. Meggitt, Jeffrey Weidman, Oberlin College Library
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Babb, Flora. Portrait artist, active in Xenia (Greene) at the turn of the twentieth century. A daughter of James and Phebe Babb, she was born in Ohio in June 1871. In 1918 she was living in Dayton (Montgomery). ¶Xenia dir. 1898; Greene Co. census 1900 (#1272); Greene Co. hist. 1918, 2:24-25.

Babb, Uriah. Artist, possibly a photographer, working in Hicksville (Defiance) in 1860. Born in Ohio in 1837, he was living with M. Babb, an English-born farmer, who may have been his father. ¶Defiance Co. census 1860 (#947).

Babbitt, Edwin Dwight (1828-1905). Professor of penmanship and author of *The Babbittian System of Penmanship*, published in Dayton and elsewhere between 1863 and 1872, as well as a number of later books on color theory, health, and Spiritualism. Born in Hamden, New York, February 1, 1828, and educated at Knox College, Galesburg, Illinois, he taught at the Cleveland Eclectic Seminary (Cuyahoga) during the autumn of 1852, then established the Cleveland Commercial College early in 1853. Unlike other business schools, Babbitt's was based on complex theories of the interdependence between art and science. The curriculum included Accounts and Practical Penmanship, taught by E. NUGENT, commercial law, "Languages ancient and modern," vocal and instrumental music, drawing and painting, and "Theoretical Penmanship," taught by Babbitt himself. By 1857 he was listed as a "professor of esthetics" in the directory of Cincinnati (Hamilton). Three years later, he moved to Dayton (Montgomery), where he established the Miami Commercial College. In 1864 or 1865

he turned the school over to his assistant principal, A. D. Wilt, and embarked on a second career as a Spiritualist healer in the New York City area. The last book he published was entitled, *The Principles of Light and Color: Including among Other Things the Harmonic Laws of the Universe, the Etherio-atomic Philosophy of Force, Chromo Chemistry, Chromo Therapeutics, and the General Philosophy of the Fine Forces, Together with Numerous Discoveries and Practical Applications* (New York: Babbitt, 1878). ¶Cincinnati dir. 1857 (Williams); Dayton dir. 1862, 1864; Dayton hist. 1889, 253; Miami Valley hist. 1919, 2:169-70; *Cleveland Daily True Democrat*, Oct. 7, 1852; *Cleveland Plain Dealer*, Feb. 12, 1853 (adv.); Jan. 26, 1854; Coyle 1962; *Miami Commercial College Circular and Catalogue* (Cincinnati: Franklin Type Foundry, 1862), Dayton Collection, Dayton-Montgomery Co. Pub. Lib.

Babbs, Noah. Photographer active in Hamilton County, Ohio, during the 1890s. He was listed at Ludlow Grove in 1890, in Reading in 1891, and in Carthage in 1900. An Ohio native, he was born in January 1857. ¶Ohio dir. 1891; Hamilton Co. dir. 1890; Hamilton Co. census 1900 (#1282).

Babcock, George H. Fresco artist, born in Connecticut about 1859 and active in 1880 in Pittsfield Township, Lorain County. From 1883 to 1889, he was listed at 190 Superior Street, Cleveland (Cuyahoga), and also in 1888 and 1889, in Akron (Summit). ¶Ohio dir. 1883, 1887; Cleveland dir. 1884-89; Akron dir. 1888, 1889.

Babcock, Grace. Retoucher of photographs, born in Ohio in 1872 and working in Cleveland (Cuya-